

## Health for Life

### Worksheet: Chapter Review

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

### Reviewing Concepts and Vocabulary

As directed by your teacher, answer items 1 through 5 by correctly completing each sentence with a word or phrase.

1. Your respiratory system includes your mouth, nose, trachea, \_\_\_\_\_, and \_\_\_\_\_.
2. Nervous system functions that happen automatically, such as breathing, are called \_\_\_\_\_.
3. Most nutrients are absorbed through the \_\_\_\_\_ intestine.
4. Fat tissue is located in the \_\_\_\_\_ layer of the skin.
5. Repeatedly gaining and losing weight is called \_\_\_\_\_.

For items 6 through 10, as directed by your teacher, match each term in column 1 with the appropriate phrase in column 2.

- |                            |  |
|----------------------------|--|
| 6. skinfold                | a. weight per unit of height                           |
| 7. bioelectrical impedance | b. measuring subcutaneous fat                          |
| 8. body mass index         | c. normal hydration required for accuracy              |
| 9. upper body fat          | d. body fat required for normal physiological function |
| 10. essential body fat     | e. fat located around the internal organs              |

For items 11 through 15, as directed by your teacher, respond to each statement or question.

11. Name the two branches of the nervous system.
12. What is one difference between skeletal and cardiac muscle?
13. Give two examples of how a phenotype may be expressed.
14. Which body fat distribution pattern is more dangerous to health? Why?
15. What is a toxic food environment?

### Thinking Critically

Write a paragraph in response to the following questions.

Jenna struggles with her weight. She walks her dog for almost an hour every day after school and goes to aerobics classes at the local gym at least three times a week. Still, most people consider Jenna fat, and sometimes she gets teased at school. She is 5 feet 4 inches (1.6 meters) tall, weighs 170 pounds (77 kilograms), and has a classic pear shape.

What would you tell Jenna about her weight and health? Do you think she is at great risk for disease?

## *Health for Life*

### **Take It Home**

Ask a friend or family member if you can conduct a body weight assessment for him or her. Use the self-assessment presented in this chapter to determine the person's body mass index and waist-to-hip ratio. Once you've gathered and evaluated the information, give the person an interpretation of what the results may mean for his or her health. Write a report presenting your interpretation. If you don't have a scale and tape measure at home, use your own results from this chapter to write your report. If you are comfortable doing so, share your report with a friend or family member and tell him or her what you've learned from doing the self-assessments.