

Life Skills Health



Student Workbook



The Three Parts of Good Health

Directions Choose the word or words from the Word Bank that best complete each sentence. Write your answer on the line.

Word Bank

cooperate

environment

daily life

problems and pressures

emotional health

1. Good physical health allows a person to meet the demands of _____.
2. Having the ability to handle the _____ of daily life is important to achieving emotional health.
3. Learning to _____ with others is necessary to achieve social health.
4. Your _____ can affect your health.
5. Feeling good about yourself is part of _____.

Directions Circle the letter of the correct answer to each question.

6. Behaving in a way that shows trust, respect, and honesty are important to achieving _____ health.
A social **B** physical **C** emotional **D** environmental
7. Feeling good about yourself is part of _____ health.
A social **B** physical **C** emotional **D** environmental
8. Having good _____ health allows a person to complete tasks without getting tired.
A social **B** physical **C** emotional **D** environmental
9. Being a productive part of a group, such as family or community, is a sign of _____ health.
A social **B** physical **C** emotional **D** environmental
10. A state of well being that has three parts is called _____.
A happiness **B** health **C** responsibility **D** fairness

Health and Wellness Word Scramble

Directions Read each statement. Unscramble the letters in the parentheses and write the word on the line.

1. Good health requires the practice of basic _____. (lepicsprni)
2. A drug is any _____ substance other than food that changes the way the mind and body works. (ahcmceli)
3. Drink more water in hot weather or if you are _____. (secinegxir)
4. Practicing healthy _____ can help you increase the quality and length of your life. (rsehivabo)
5. Fruits, vegetables, and low-fat yogurt are all healthy _____. (kacsns)
6. Getting at least eight hours of _____ each night is a healthy behavior. (eslpe)
7. As people work to balance physical, social, and emotional health, they are also working to achieve _____. (lnleswse)
8. Always discuss personal needs with your health care professional before making any changes to your _____. (lesityfel)
9. Everyone's health needs are _____. (nfreditnef)
10. Seek medical and _____ care from health care professionals. (nateld)
11. You should drink enough _____ every day. (tarwe)
12. Maintaining a normal _____ for your height and age is one way to stay healthy. (ihwetg)

Directions Write your answer to each question. Use complete sentences.

13. How does a person achieve wellness?

14. List three basic steps a person can take to stay healthy.

15. Describe the Wellness Scale.



Types of Health Risks

Directions Decide what type of health risk each example shows. Write on each line whether the example is *heredity, physical environment, social environment, culture, or behavior*.

- _____ 1. A community with a large number of unemployed people
- _____ 2. It can make you more likely to get a disease.
- _____ 3. Confusion over the different meanings nonverbal communication has for different people
- _____ 4. Living in a polluted city
- _____ 5. Making poor food choices
- _____ 6. Families without health care
- _____ 7. Using tobacco or alcohol
- _____ 8. Spending time in a public place where smoking commonly occurs
- _____ 9. Speaking a language different than that of your health care providers
- _____ 10. Having a lifestyle with little or no exercise

Directions Choose the word or words from the Word Bank that best complete each sentence. Write your answer on the line.

Word Bank

community

legal

lifestyle

pregnancy

resources

11. You can greatly decrease your risks by living a healthy _____.
12. If the _____ does not offer health care to people who cannot pay for it, this is a health risk.
13. Failure to abstain from, or choose not to have, a sexual relationship can result in unwanted _____.
14. The social environment is made up of community _____.
15. Even _____, over-the-counter drugs can cause serious health effects if taken in large amounts or used incorrectly.

Changing Behaviors

Directions Each of the following examples is either a short-term goal or long-term goal. Write an *S* on the line beside each statement that is a short-term goal. Write an *L* on the line beside each statement that is a long-term goal.

- _____ 1. "I'm going to finish all of my homework before dinner each night this week."
- _____ 2. "I plan to study longer for each test this year so I can have a higher grade point average this year."
- _____ 3. "I'm going to volunteer at the hospital this summer."
- _____ 4. "I'm going to exercise 10 minutes longer today."
- _____ 5. "I'm going to study for at least three hours this weekend."
- _____ 6. "I'm going to make healthier food choices, so that I can form a good habit of eating healthy that I can maintain over my lifetime."
- _____ 7. "This Saturday, I'm going to help my family get ready for our yard sale."
- _____ 8. "I'm going to make sure I eat a healthy breakfast this morning."
- _____ 9. "I'm going to study to get good grades so that I can go to college."

Directions Gaining awareness and knowledge are important if you are going to make health decisions and change behaviors. Decide whether each action below is an example of gaining AWARENESS or KNOWLEDGE. Write *A* or *K* for your answer on each line.

- _____ 10. I seem to get headaches many mornings each week.
- _____ 11. I discussed my health risks and questions with my family physician.
- _____ 12. My knees hurt each time I exercise.
- _____ 13. I have more energy when I eat breakfast in the morning.
- _____ 14. I read the handouts I picked up at our community health clinic.
- _____ 15. I learned about heart disease in health class today.

What Is Maslow's Hierarchy of Needs?

Directions Imagine that you have been asked to write a short story on the five levels of Maslow's hierarchy of needs. The theme of your story is one person's adventure through the hierarchy. Each "chapter" of your story will focus on one level of needs. The story may be dramatic, humorous, or analytical. Be creative, but use the spaces below to create an outline for your short story. The words and phrases in parentheses will help you. (You may wish to use this outline to write an actual short story.)

Chapter 1 Physical Needs (food, water, oxygen)

Chapter 2 Safety Needs (protection from danger, shelter)

Chapter 3 Belonging Needs (sense of belonging in a place or with certain people)

Chapter 4 Esteem Needs (value to other people, self-respect)

Chapter 5 Self-Actualization Needs (achieving your possibilities)

Identify the Statements

Directions The following statements describe stress, stress response, or a physical reaction to stress. On the line, write *S* if the statement relates to stress. Write *SR* if it is a stress response. Write *PR* if it is a physical reaction.

- _____ 1. It takes two forms: fight or flight.
- _____ 2. During it, you may feel the need to ask a question.
- _____ 3. It is a state of physical or emotional pressure.
- _____ 4. The brain triggers the body into action.
- _____ 5. Muscles gain strength for endurance.
- _____ 6. Its good version can have a positive effect on the body.
- _____ 7. After it, you may stop to think about what to do.
- _____ 8. A threat to your basic needs may cause it.
- _____ 9. Chemicals go into the bloodstream.
- _____ 10. It may include headache, stomach pain, or sleep disorders.
- _____ 11. Happy events may cause it.
- _____ 12. The desire to run from a problem may be included.
- _____ 13. When it is gone, people feel relief.
- _____ 14. It can be harmful.
- _____ 15. Sweating may occur.

Emotions and Stress

Directions A person under stress could make each of the following statements. Decide if each statement is an example of *fear*, *anxiety*, *anger*, *grief*, *frustration*, *relief*, or *coping*. Write your answer on each line.

1. "I miss her every time I enter that room." _____
2. "Hurray. It's finally over." _____
3. "I'm just going to forget it ever happened." _____
4. "That was rude and insulting." _____
5. "I can't ride on the roller coaster." _____
6. "My heart is back to beating normally." _____
7. "You came late just to upset me." _____
8. "I feel nervous about taking the test tomorrow." _____
9. "I'm thinking about more constructive things." _____
10. "Sometimes I feel he's sitting next to me." _____
11. "I can't walk down that street at night." _____
12. "I need to get on with my life." _____
13. "With so much traffic, we'll never get there." _____
14. "I want to wring his neck." _____
15. "It makes me sad to look at a picture of our old home." _____

Mental Health: Personality, Well-Being, and Self-Concept

Directions Write the letter of the answer that correctly completes each sentence on the line.

- Thoughts, feelings, and behaviors form your _____.
A temperament **B** personality **C** self-awareness **D** self-concept
- _____ is a person's emotional makeup.
A Temperament **B** Personality **C** Self-awareness **D** Self-concept
- _____ skills include working as a volunteer.
A Friendship **B** Communication **C** Citizenship **D** Personality
- _____ is our ideas about who we are and what our personality is like.
A Social esteem **B** Personality **C** Temperament **D** Self-concept
- Messages from others are called _____.
A social concepts **B** social messages **C** social well-being **D** social esteem
- _____ is how others value you.
A Social well-being **B** Empathy **C** Social comparison **D** Social esteem
- _____ can help you decrease stress.
A Physical activity **B** Avoiding exercise **C** Social comparison **D** Social esteem
- _____ skills are important to your social well-being.
A Friendship **B** Communication **C** Citizenship **D** All of the above
- One form of _____ supports another.
A well-being **B** self-concept **C** temperament **D** personality
- Your _____ can guide you when you feel confused.
A system of beliefs **B** self-esteem **C** citizenship skills **D** social messages

Emotional Statements

Directions The statements below talk about either optimism or pessimism. On the line before each statement, write *O* for optimism or *P* for pessimism.

- _____ 1. I think our camping trip will be ruined by bad weather.
- _____ 2. If I study hard, I know I will pass the test.
- _____ 3. I got a bad scrape from the fall, but it is healing quickly.
- _____ 4. She won't like any present from me.
- _____ 5. I will try, but it won't do any good.
- _____ 6. Someday I will be able to play that difficult piano piece.
- _____ 7. When we move, I can make lots of new friends.

Directions The statements below were said by emotionally healthy people. Before each statement, write *RO* for realistic optimism, *C* for coping, *HE* for healthy explanations, or *MV* for meaningful values.

- _____ 8. My feelings have been hurt before, so I know I will recover in a few days.
- _____ 9. I didn't get bored because I knew I was helping someone else.
- _____ 10. I can't think about it for a few days.
- _____ 11. I can't run three miles in that time, but I know I can run two miles.
- _____ 12. I am going to ask my mother what she would do to change things.
- _____ 13. I am the shortest player on the basketball team, but I really love the game.
- _____ 14. If I had worked harder, I would have done a better job.
- _____ 15. He lashed out at me because I said something cruel.

Relationships

Directions Each statement below tells something about a specific relationship. Read each statement. On the line before each statement, write either *HR* if it is most likely a healthy relationship or *UR* if it is an unhealthy relationship.

- _____ 1. Maya never complains about anything John does because she could not stand for him to leave her.
- _____ 2. Juan disagrees with Brad's behavior and he tells him that.
- _____ 3. Al and Claire want to spend every waking hour together.
- _____ 4. Tim is Brandon's best friend, but Brandon doesn't always trust him.
- _____ 5. Carolina tells Bryn that the remark hurt her feelings.
- _____ 6. Josh writes a letter to Carver explaining what made him angry.
- _____ 7. Colson feels that Sharon needs him to control her life.
- _____ 8. Rachel loves to cook, and Paul often tells her how much he looks forward to dinner.
- _____ 9. While Kyle talks on and on, Rosa just "tunes him out" rather than tell him how bored she is.
- _____ 10. Both Nan and Max know that Max is overweight, but it doesn't bother either of them.
- _____ 11. Morgan and Alanna go rock climbing together almost every weekend.
- _____ 12. Whenever Tad and Sylvia are having an argument, Tad is so relieved when he gets an emergency call to go to work.
- _____ 13. Sofia and Jake are staying married because they don't want their children to have a broken home.
- _____ 14. Julia buys ugly clothes for Leo, and Leo feels that he must wear them.
- _____ 15. Every day, Tom and Viv make each other laugh.

Cause and Effect

Directions Match each cause in Column A with the correct effect in Column B. Write the correct letter on the line.

Column A: Causes

- _____ 1. You understand more about yourself.
- _____ 2. You become keenly self-aware.
- _____ 3. You observe how other people behave.
- _____ 4. You spend time with people who have poor self-acceptance.
- _____ 5. You come to truly accept yourself.

- _____ 6. You discriminate against someone.
- _____ 7. You hear that people who have never met you don't like you.
- _____ 8. You get to know someone very different from you.
- _____ 9. You work closely with someone toward a common goal.
- _____ 10. You establish relationships with older adults.

- _____ 11. You fail to accept yourself.
- _____ 12. You fail to accept differences in others.
- _____ 13. You appreciate the differences in a friend.
- _____ 14. You are going through a hard time.
- _____ 15. You let friends give you social support.

Column B: Effects

- A** You are better able to understand others.
- B** You feel uncomfortable.
- C** You make decisions about how you should behave.
- D** You are more likely to make successful decisions.
- E** You accept differences in others.

- F** You begin to have empathy with the person.
- G** You develop new tastes and interests.
- H** You gain practical problem-solving advice.
- I** You don't like people who judge you unfairly.
- J** You are accused of being prejudiced.

- K** You strengthen your friendships.
- L** You let a friend help you.
- M** You continue a destructive cycle.
- N** You understand it when people don't seek you out.
- O** Your relationship becomes richer.

Defense Mechanisms

Directions Each set of statements below involves some type of defense mechanism. Read each statement. Decide which defense mechanism it involves. Write *repression*, *denial*, *projection*, or *displacement* on the line.

1. Ben hadn't studied, so he thought about trying to cheat on a test. Then, without any proof, he accused Tom of cheating. _____
2. Pictures of her cat that died make Marsha cry. She put them in a box deep in her closet so she won't often look at them. _____
3. The sudden noise in the dark house terrified Jim. He laughed at Billy and said that Billy looked scared to death. _____
4. Pat warned Cassie that the math test was really difficult. Cassie felt that Pat was just exaggerating to frighten her. _____
5. Dad got a traffic ticket for speeding. When he got home, he yelled at the trash collector to hurry up and get out of his way. _____
6. Karin spilled orange soda down the front of her dress. She commented to Ellen that Ellen's dress was a really weird color. _____
7. Bette thinks her legs are unattractive. She never looks at her legs in a mirror. _____
8. Deb pointed out to Rick that he looked red and feverish. Rick told a fib, saying that he had been exercising. _____
9. Carter is not a good athlete. He keeps forgetting his gym clothes at home. _____
10. Martin has to squint when he reads because he needs glasses. He tries not to read in front of other people, so they won't comment. _____
11. Leah does not like biology class. She tells people that she knows Paul hates biology, even though Paul has never said that. _____
12. Chad ran home, after missing the bus. For no reason at all, he called his little brother a "twerp." _____
13. Someone's nasty remark made Brent very sad. Shortly thereafter, he started crying when he couldn't find his catcher's mitt. _____
14. David thought that some members of the other debate team were rude. He said he knew the coach was going to complain. _____
15. Ms. Jenkins's cat ran away four months ago. However, each morning she still puts a fresh dish of milk on the back step. _____

Mental Disorders

Directions Read each statement below. On the line before each statement, write one of the following:

SA if the statement talks about substance abuse disorder

ANX if the statement talks about anxiety disorders

AFF if the statement talks about affective disorders

TH if the statement talks about thought disorders

E if the statement talks about eating disorders

- _____ 1. A feeling of uneasiness or fearful concern
- _____ 2. May begin as a defensive behavior pattern
- _____ 3. Bipolar disorder is one type.
- _____ 4. An attempt to cope with psychological problems through eating habits
- _____ 5. The most serious kind of mental disorder
- _____ 6. The type of mental illness most people think of when they say someone is “crazy.”
- _____ 7. A focus on appearance may lead to it.
- _____ 8. A person has disturbed or uncontrolled emotions.
- _____ 9. A phobia is one type.
- _____ 10. A person may have hallucinations.
- _____ 11. Bulimia is one type.
- _____ 12. The most common is clinical depression.
- _____ 13. A person may suffer from delusions.
- _____ 14. May start with a real or imagined negative self-image
- _____ 15. Someone may have trouble sleeping or may want to sleep all day.

Treating Mental Disorders

Directions Read each statement below. On the line before each statement, write one of the following:

SA if the statement talks about substance abuse disorders

ANX if the statement talks about anxiety disorders

AFF if the statement talks about affective disorders

TH if the statement talks about thought disorders

E if the statement talks about eating disorders

A statement may talk about more than one kind of disorder.

- _____ 1. Behavior modification is one form of treatment.
- _____ 2. Treatment may involve individual counseling, behavior change programs, or support groups.
- _____ 3. There is no cure.
- _____ 4. People often resist professional help.
- _____ 5. Some may be treated with medicines, others with psychotherapy.
- _____ 6. May be treated with medicines and psychotherapy together
- _____ 7. The most important step in treating is admitting there is a problem.
- _____ 8. Encourage the person to talk about his or her feelings.
- _____ 9. Success of treatment depends on the person's determination to regain control.
- _____ 10. Medicines may or may not reduce some symptoms.
- _____ 11. A person must decide never to use the drug again.
- _____ 12. Be a good role model by not criticizing your own appearance.
- _____ 13. Becoming involved in a goal-directed activity may help a mild case.
- _____ 14. Cognitive therapy is one form of treatment.
- _____ 15. Requires help from professionals

The Skeletal and Muscular Systems

Directions Circle the word or words in parentheses that best complete each sentence.

1. The knee joint is a (hinge, pivot, ball-and-socket) joint.
2. Your body has about (200, 400, 600) muscles.
3. Nutrients come from the (food you eat, air you breathe, marrow in your bones).
4. Ligaments (are rigid, hold joints together, do not move easily).
5. There are (two, three, four) basic kinds of bones in the body.
6. (Bone marrow, Muscles, Bones) make(s) red blood cells and white blood cells.
7. (Bone marrow, Muscles, Bones) produce body heat.
8. Cardiac muscles are in the (arms, legs, heart).
9. (Smooth, Skeletal, Cardiac) muscles are voluntary.
10. When a muscle contracts, it pulls on a (bone, ligament, tendon).
11. Some muscles never relax completely because of (nutrients, muscle tone, the peripheral nervous system).
12. A tendon joins (muscle to bone, muscle to muscle, either muscle to bone or muscle to muscle).
13. The (knee, elbow, ankle) is a pivot joint.
14. (Muscles, Tendons, Bones) act on messages from the nervous system.
15. (Smooth, Skeletal, Cardiac) muscles move food, waste, and blood through the body.

The Nervous System and Sense Organs

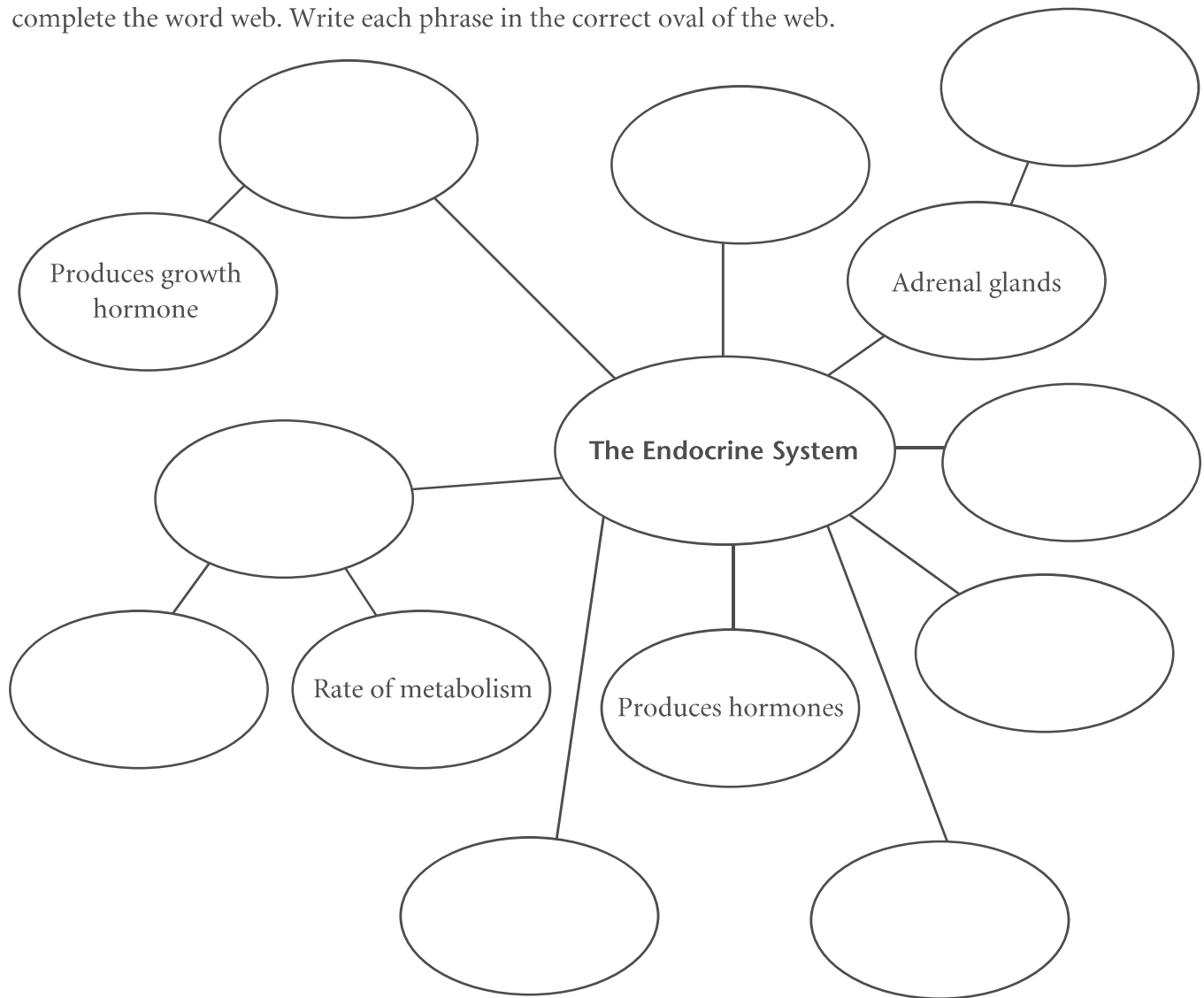
Directions Each term below could be used to discuss the brain, the nervous system, the eyes, the ears, or the senses of smell and taste. Write each word in the correct section of the chart.

Word Bank			
anvil	cornea	optic nerve	retina
auditory	hammer	peripheral nerves	spinal cord
buds	iris	pupil	stirrup
cerebellum	medulla	receptor cells	stress response
cerebrum	olfactory	reflexes	vibrations

Central Nervous System	
Peripheral Nervous System	
Eyes	
Ears	
Smell and Taste	

The Endocrine Web

Directions At the bottom of the page are phrases that can be used to complete the word web. Write each phrase in the correct oval of the web.



Secretes hormones into bloodstream

Changes food into energy

Help cope with stress

Ovaries or testicles

Pancreas

Pineal gland

Pituitary gland

Thymus

Thyroid gland

The Circulatory and Respiratory Systems

Directions Circle the word or words in parentheses that best complete each sentence.

1. The heart has (two, four, six) chambers.
2. (Red blood cells, White blood cells, Platelets) carry oxygen to all parts of your body.
3. You have (two, three, five) kinds of blood vessels.
4. Capillaries connect (arteries to arteries, veins to veins, arteries to veins).
5. (Arteries, Veins, Capillaries) carry blood back to the heart.
6. (Red, White, Both red and white) blood cells help the body fight infection.
7. The circulatory and respiratory systems work together to get (oxygen, carbon dioxide, nutrients) to cells.
8. The windpipe is also called the (bronchi, esophagus, trachea).
9. The networks of tubes in your lungs are called (bronchioles, alveoli, bronchi).
10. The diaphragm is a band of tissue that lies (above, around, below) the lungs.
11. When you inhale, your diaphragm (expands, contracts, vibrates).
12. You need to breathe about (twenty, fifty, a hundred) times every minute.
13. The trachea divides at the (lungs, heart, diaphragm).
14. You have about (300, 300 thousand, 300 million) alveoli in your lungs.
15. Blood pressure is the (movement, pulse, force) of blood on the blood vessels.

The Digestive and Excretory Systems

Directions Choose the word from the Word Bank that best completes each sentence. Write your answer on the line.

Word Bank

anus	gallbladder	rectum
bile	insulin	saliva
enzyme	kidneys	ureters
esophagus	liver	urethra
feces	pancreas	villi

1. The _____ is the long tube that connects the mouth to the stomach.
2. The mouth produces a liquid called _____.
3. The _____ is a large organ that produces bile.
4. The small intestine is lined with tiny bulges called _____.
5. The _____ produces a hormone that helps cells use sugar.
6. The hormone that helps cells use sugar is _____.
7. The _____ are on either side of the spine in the lower back.
8. The tube that takes urine out of the body is the _____.
9. The _____ run from the kidneys to the urinary bladder.
10. Solid waste materials are called _____.
11. An _____ is a chemical that breaks down food.
12. The _____ is a small pouch attached to the liver.
13. The substance in the liver that breaks down fats is _____.
14. The _____ is the outlet of the digestive tract.
15. The _____ is the lower part of the large intestine.

The Skin, Hair, and Nails

Directions Circle the word or words in parentheses that best complete each sentence.

1. Skin is part of the (excretory, reproductive, digestive) system.
2. Your skin is the largest (muscle, organ, system) in your body.
3. Skin is made up of (three, five, seven) layers.
4. The skin is a separate system that includes nails, sweat glands, and (pores, fat, hair).
5. The deepest layer of the skin is the (dermis, subdermis, subcutaneous layer).
6. Skin prevents most (air, water, bacteria) from entering the body.
7. The (dermis, epidermis, subcutaneous layer) has tiny openings called pores.
8. (The hair root, The hair shaft, The whole hair) is made up of dead cells.
9. In sunlight, the skin produces (more, less, no) melanin.
10. Freckles are spots of skin (with, without, covered by) melanin.
11. Skin gets its color from (keratin, melanin, sunlight).
12. Hair roots grow out of the (epidermis, dermis, subcutaneous layer).
13. Nails grow out of the (epidermis, dermis, subcutaneous layer).
14. Your body gets rid of perspiration through sweat (pores, hairs, glands).
15. (Melanin, Keratin, Gelatin) makes nails hard.

Positive Health Practices

Directions Write the letter *P* on the line next to the statements that result in a positive effect on health. Write the letter *H* on the line next to the statements that result in a harmful effect on health.

- _____ 1. Touching your eyes with dirty hands
- _____ 2. Wearing a helmet while playing sports
- _____ 3. Listening to very loud music
- _____ 4. Cleaning your ears with a damp washcloth on your fingertip
- _____ 5. Keeping your skin clean
- _____ 6. Using sunscreen
- _____ 7. Letting your skin get dry and chapped
- _____ 8. Shampooing your hair regularly
- _____ 9. Overusing blow dryers and curling irons
- _____ 10. Keeping your nails clean
- _____ 11. Brushing your teeth at least twice a day
- _____ 12. Chewing on hard objects such as pens and pencils
- _____ 13. Wearing earplugs when near loud noises
- _____ 14. Spending time in tanning booths
- _____ 15. Squeezing pimples

Writing About Fitness

Directions After each set of words about fitness, write one or more sentences using the words to explain the benefits of exercise.

1. flexibility, strength, resistance

2. heart disease, anxiety, stress

3. calories, weight, energy

4. aerobic, isometric, isotonic

5. maximum heart rate, lung, endurance

Parts of a Fitness Plan

Directions For each set of statements, place a check mark on the line next to the one that correctly describes a fitness plan.

_____ **1a.** Ask a friend to exercise with you.

_____ **1b.** Exercise alone.

_____ **2a.** Drink water only after you've exercised.

_____ **2b.** Drink water before, during, and after you exercise.

_____ **3a.** If you miss a day of exercise, double your exercise time the next day.

_____ **3b.** If you miss a day of exercise, plan a makeup day.

_____ **4a.** Talk with your doctor before you start a fitness plan.

_____ **4b.** Talk with your doctor after you have completed your fitness plan.

_____ **5a.** Choose activities that you enjoy doing.

_____ **5b.** Choose activities that you may not like, but that burn a lot of calories.

_____ **6a.** If you feel pain while exercising, don't stop.

_____ **6b.** If you feel pain while exercising, stop because you could injure yourself.

Directions Choose the word from the Word Bank that best completes each sentence. Write your answer on the line.

Word Bank

disease

healthy

rest

stressed

7. When you are tired, you may feel more _____.

8. When you are tired, your body is at greater risk of _____ and injury.

9. Sleep and rest are necessary to feel better and stay _____.

10. Depending on your level of activity, you may need more _____ than other people.



Life Stages

Directions Listed below are eight age groups. After each one, write a short description of a behavior that illustrates Erikson's stages of development. The first one has been completed for you.

1. Birth to age 1:

If babies learn that their basic needs are being met, they learn to trust.

2. Ages 2–3:

3. Ages 4–6:

4. Ages 7–12:

5. Ages 13–19:

6. Ages 20–40:

7. Ages 41–64:

8. Age 65 and older:

Reproduction

Directions Match each item in Column A with the correct item in Column B to make a complete sentence. Write the correct letter on each line.

Column A

- _____ 1. It is possible for a male and a female to reproduce
- _____ 2. If the egg cell does not attach to the wall of the uterus,
- _____ 3. If the sperm and the egg unite,
- _____ 4. When one menstrual cycle ends,
- _____ 5. Beginning at puberty, the testes make 200 million sperm cells a day,
- _____ 6. The process of releasing an egg is one step
- _____ 7. If the female is not in the proper stage of the menstrual cycle,
- _____ 8. Once a woman begins to ovulate,
- _____ 9. If an egg cell is to become a baby,
- _____ 10. Sperm travel through the penis
- _____ 11. The egg cell travels into one of the fallopian tubes and then
- _____ 12. The menstrual process usually continues until a woman is between 45 and 55,
- _____ 13. If the female is in the proper stage of the menstrual cycle,
- _____ 14. Each ovary usually releases an egg
- _____ 15. When small blood vessels in the penis fill with blood,

Column B

- A** it leaves the body and the blood tissue in the uterus is not needed.
- B** another begins.
- C** once they have reached puberty.
- D** and men usually produce them throughout the rest of their lives.
- E** the woman becomes pregnant.
- F** in a monthly cycle in women.
- G** she is able to conceive a child.
- H** it must attach itself to the wall of the uterus.
- I** the sperm cells die and leave the female's body.
- J** to enter the female body through the vagina.
- K** once every other month.
- L** into the uterus where it will grow if it is to become a baby.
- M** an egg may become fertilized.
- N** the male has an erection.
- O** at which time the body slows its production of female hormones.

Order of Pregnancy and Childbirth

Directions The statements below describe the order of events in pregnancy and childbirth. Number each statement from 1 to 15 to show the order in which the events most likely occur. Write the number on the line.

- _____ **A** All vital organs in the fetus have started to develop.
- _____ **B** The baby is pushed out from the uterus.
- _____ **C** Labor pains begin.
- _____ **D** A sperm cell and egg cell are united during sexual intercourse.
- _____ **E** The fertilized egg becomes an embryo.
- _____ **F** Postpartum depression sometimes occurs.
- _____ **G** The fertilized egg travels from the Fallopian tube to the uterus.
- _____ **H** The uterus contracts to release the placenta.
- _____ **I** The protective placenta around the fetus breaks, and fluid flows out.
- _____ **J** The egg becomes a ball of cells that plants itself in the lining of the uterus.
- _____ **K** The placenta develops around the embryo.
- _____ **L** The fetus is considered to be full term.
- _____ **M** The cervix becomes dilated.
- _____ **N** The umbilical cord joins the embryo with the placenta.
- _____ **O** The baby is able to breathe on its own.

Heredity and Genetics

Directions Circle the word or words in parentheses that best complete each sentence.

1. Human cells have 46 (genes, chromosomes, traits).
2. Each egg cell has (an X, a Y, an X or a Y) chromosome
3. Each chromosome is made up of thousands of (chemicals, genes, characteristics).
4. Traits such as eye color are determined by (one gene, a pair of genes, three or more genes).
5. Each sperm has (an X, a Y, an X or a Y) chromosome
6. If you have a dominant gene and a recessive gene for the same trait, (the dominant, the recessive, neither) gene will determine the trait.
7. Sex-linked traits are carried on a (dominant, recessive, sex) chromosome.
8. Sperm and egg cells each have (92, 46, 23) chromosomes.
9. The gene for blond hair is (recessive, dominant, sex-linked).
10. (One, Two, Four) of the forty-six chromosomes in a fertilized egg determine gender.
11. Genetic disorders can be passed from (the mother, the father, either parent) to the child.
12. A(n) (XX, YY, XY) combination of chromosomes will produce a female baby.
13. (Chromosome codes, Characteristic codes, Chemical codes) in the genes determine a person's traits.
14. An example of a (recessive, dominant, sex-linked) trait is red-green color blindness.
15. Each chromosome is made up of (hundreds, thousands, millions) of genes.

The Family Life Cycle, Dating, and Marriage

Directions Choose the word or words from the Word Bank that best complete each sentence. Write your answer on the line.

Word Bank

abstinence	communication	marry
children	dating	pregnancy
collaborative	divorce	relationship
commitment	education	socializing
common	life cycle	unhealthy

1. One part of socializing is _____.
2. Carefully listening to another person is an important part of _____.
3. A new family life cycle begins when two people decide to _____.
4. Expressing your feelings or thoughts is an important part of a _____.
5. The decision to have _____ is an important one.
6. Getting together with others to enjoy free-time activities is _____.
7. An unexpected _____ can put a strain on a marriage.
8. Dating is a good way to find interests two people may have in _____.
9. The family _____ includes events such as marriage and the birth of children.
10. Avoiding an unpleasant home life is an _____ reason on which to base a marriage.
11. When couples approach life as a team, they are taking a _____ approach to life.
12. A _____ is a promise made to another person.
13. People may wait to get married because they want to get more _____.
14. Choosing not to have a sexual relationship is _____.
15. The legal end to a marriage is a _____.

Families and Parenting

Directions Imagine that you are in the different situations described below. Answer each of the questions on the lines. Give some specific examples for each situation.

1. If you become a parent one day, how would you maintain good communication with your child?

2. You have been asked to write a book chapter on rules and guidelines for parents of teenagers. What sorts of things would you write?

3. You have been asked to give a talk to newly married couples about the right time to have a baby. What would you tell them?

4. Your older sister is about to become a parent but is worried about her parenting ability. What advice could you give her about good parenting skills?

5. You overhear your little brother telling a friend that the only real family has a mother, a father, and children. What would you say to him about other types of families?

Problems in Families

Directions Described below are five fictional situations related to family problems. Write a journal entry for the person in each situation, using the vocabulary words in parentheses at least once.

1. Gary, a teenager, is worried about the possibility of his parents getting a divorce. (separation, marriage counselor)

2. Terry, a family counselor, is saddened by the many cases of violence between partners she hears in her practice. (violence, domestic violence)

3. Phoebe, a student at Central High School, is worried that her friend may be in a relationship in which she is being abused. (abuse, sexual abuse)

4. Dan is a family counselor who has just met with a parent who has been accused of neglecting her child. (abuse, neglect)

5. Mary wants to see a counselor because she has witnessed domestic violence between her parents. (domestic violence, marriage counselor)

Name _____

Date _____

Period _____

Workbook Activity

Chapter 9, Lesson 1

31

A Plan for a Healthy Diet

Directions In the space provided, plan a three-day menu for yourself. In this menu, follow the dietary guidelines in Lesson 1 as well as the recommended servings from the Food Guide Pyramid. Name the foods you will eat and when. Make sure to give yourself some variety.

Healthy Diet Day #1

Meal A: _____

Snack: _____

Meal B: _____

Snack: _____

Meal C: _____

Healthy Diet Day #2

Meal A: _____

Snack: _____

Meal B: _____

Snack: _____

Meal C: _____

Healthy Diet Day #3

Meal A: _____

Snack: _____

Meal B: _____

Snack: _____

Meal C: _____



Comparing Foods to Determine Nutritional Value

Directions Listed below are five different meals. In the space provided, assess the nutritional value of each meal by answering the questions. Use the information and charts in your text to help you.

Jack's lunch: Ham sandwich, corn chips, chocolate candy bar

1. How could Jack make this meal more nutritious?

Margaret's lunch: Sausage and cheese pizza, cola drink

2. What kinds of carbohydrates are included in this meal?
How could Margaret make this meal more nutritious?

Carol's lunch: Cheeseburger, french fries, vanilla milkshake

3. Would you rate the saturated fat in this meal as high, average, or low?
Explain.

LeeJay's lunch: Grilled fish, salad with low-fat dressing, apple

4. In what ways is this meal healthy? In what nutrient is this meal quite low?
How could LeeJay add this nutrient?

Mel's lunch: Vegetarian asparagus soup, carrot sticks, cantaloupe

5. What changes could Mel make to his lunch to make it more balanced?

Vitamins, Minerals, and Water

Directions Match each item in Column A with the correct item in Column B. Write the correct letter on the line.

Column A

- _____ 1. Makes up approximately 60 percent of your body's weight
- _____ 2. Comes from sunlight
- _____ 3. A B vitamin that protects skin and nerves
- _____ 4. Increases resistance to infections
- _____ 5. Helps skin and hair and is found in yellow squash
- _____ 6. Controls the amount of fluids in the body
- _____ 7. Materials that are formed in the earth
- _____ 8. Nutrient needed for growth
- _____ 9. Found in citrus fruits and green peppers
- _____ 10. This mineral works with calcium to keep bones strong.

Column B

- A** sodium
- B** vitamin D
- C** vitamin
- D** riboflavin
- E** phosphorus
- F** water
- G** vitamin A
- H** vitamin C
- I** niacin
- J** minerals

Dietary Needs

Directions Listed below are five different situations. In the space provided, assess the situation and answer the question.

1. John and his father eat breakfast together every morning. John's father serves both of them identical breakfasts. John usually cannot make it through his morning classes without feeling tired. Why might John's breakfast not be enough?

2. The coach of the volleyball team insists that her players eat a team snack every day after practice. The other students in the school do not participate in this snack. Why do you think the coach has her players eat more than other students?

3. Katrina eats a healthy diet every day, but she finds it hard to build muscle. She is skinny and would like to add some weight. How should she alter her eating habits?

4. During Ralph's checkup, his doctor noted that his blood pressure was high. After reviewing Ralph's daily eating habits, he asked Ralph to start skipping his evening snack of potato chips. Why?

5. Emilio has been gaining weight during the last year. He decided to keep track of all the things he eats over the course of a week and try to lose weight. What would you recommend Emilio do after he has completed this task?

Food Choices

Directions Circle the letter of the correct answer to each question.

1. People's food choices can be affected by
 - A cultural background.
 - B religious background.
 - C cost of food items.
 - D All of the above.
2. Your eating pattern may be affected by
 - A the nutrients in food.
 - B the cost of food you buy.
 - C the amount of fat in a food.
 - D stress.
3. An example of association is
 - A meeting with your friends.
 - B when a food reminds you of something else.
 - C the grocery store where you buy food.
 - D the nutrients in a food.
4. It is best not to eat two to three hours before exercising because
 - A exercising can cause cramps if you eat first.
 - B exercising cannot use energy if you eat first.
 - C exercising will not make you fit if you eat first.
 - D eating will cause stress when you exercise.
5. Vegetarians do not eat
 - A foods with additives.
 - B beans.
 - C animal products.
 - D salads.

Direction Complete each sentence by writing the correct answer on the line.

6. Eating a good breakfast every morning gives you the _____ you need for the day's activities.
7. Snacks can be part of a good diet if they are _____.
8. Late-night snacking can disturb your _____.
9. Drinking _____ can make you feel nervous and make sleep difficult.
10. Too much _____ can clog blood vessels.

Advertising Food Products

Directions Companies use different methods to try to convince you to buy their food products. Some of these methods are given below. For each method, write a short advertisement of a food product that uses that method.

1. New product

2. Old-fashioned

3. Fat free

4. Expensive and the best

5. Organic

Analyzing a Food Label

Directions Below is part of a made-up food label. Study it, and then answer the questions below.

Healthy Teen NATURAL BREAKFAST CEREAL

Nutrition Facts		Amount/Serving	%DV
Serving Size 1 cup (30 g)		Total Fat 0.5 g	1%
		Saturated Fat 0 g	0%
Servings Per Container		Cholesterol 0 mg	
about 8		Sodium 270 mg	11%
Calories	120	Total Carbohydrate 26 g	9%
Calories from Fat	5	Dietary Fiber 1 g	3%
		Protein 2 g	

INGREDIENTS: CORN MEAL, OAT FLOUR, SUGAR, WHEAT STARCH, SALT, HIGH FRUCTOSE CORN SYRUP, CALCIUM CARBONATE, DEXTROSE, TRISODIUM PHOSPHATE.

1. What does DV stand for? What does it tell you?

2. If you were limiting the amount of salt you ate, would this food be a good choice? Explain your answer.

3. What is the major ingredient in this cereal? How do you know?

4. What might be misleading about the name of this cereal?

5. Overall, how would you rate the nutritional value of this cereal? List four facts to support your answer.

Causes of Conditions

Directions Read each statement. Decide what most likely caused the condition. On the line before each statement, write *I* for infection, *B* for behavior, *E* for environment, or *P* for inheritance from parents.

- _____ 1. Karin was hospitalized with lead poisoning.
- _____ 2. Brent was born with a cleft palate.
- _____ 3. The new baby was diagnosed as having Down syndrome.
- _____ 4. Claude's heart attack was due to lack of regular exercise.
- _____ 5. Everyone in the Johnson family got the flu within the same week.
- _____ 6. Philip developed a serious bone condition because he ate so little healthy food.
- _____ 7. Sally's foot became inflamed after an insect bit it.
- _____ 8. The children had breathing disorders because their parents smoked.
- _____ 9. Martin had weekly blood transfusions for his hemophilia.
- _____ 10. Cindy, like her mother and father, had diabetes.
- _____ 11. The germs in their bottled water made the campers sick.
- _____ 12. Darryl developed a cold after the person sitting next to him coughed into the air.
- _____ 13. Harold's father and grandfather both had several heart attacks.
- _____ 14. Many people were taken to the emergency room when the chemical plant leaked gases into the air.
- _____ 15. Everyone at the dinner party got food poisoning.

Defenses Against Disease and Infection

Directions The body has defenses against disease and infection. The first line of defense includes physical and chemical barriers. The second line of defense includes the white blood cells. The third line of defense is the immune system. On the line before each statement below, write the category of defense it relates to. Write *A* for first line of defense, *B* for second line of defense, and *C* for final line of defense.

- _____ 1. The skin protects the body from infection.
- _____ 2. Saliva, tears, and sweat clear pathogens from the body's surface.
- _____ 3. A measles shot has weakened pathogens to prevent measles.
- _____ 4. Proteins that kill the mumps virus remain in the system after the disease is gone.
- _____ 5. Tiny hairs in the breathing passages guard against infection.
- _____ 6. The area around a break in the skin is red and swollen.
- _____ 7. A baby who drinks breast milk can be immune to some diseases.
- _____ 8. The body recovers from an illness because antibodies develop in the body to work against the illness.
- _____ 9. Mucous membranes prevent pathogens from getting through the body's surface.
- _____ 10. White blood cells in the bloodstream travel to tissues and attack pathogens in them.
- _____ 11. The stomach produces strong acids that kill pathogens that enter the digestive system.
- _____ 12. A vaccination causes a person's body to make antibodies without the person becoming ill.
- _____ 13. Babies have antibodies from their mothers until they are 6 to 12 months old.
- _____ 14. Urine carries pathogens out of the body.
- _____ 15. Antibodies pass from a mother to a baby through the placenta.



What Is AIDS?

Directions Listed below are four fictional rumors about the spread of AIDS. Write a sentence to disprove each rumor.

1. A flu epidemic has broken out at Central High School. Since AIDS has been in the news so much lately, several students have spread rumors that this epidemic is related to AIDS. Use your knowledge of communicable diseases and pathogens.

2. Latisha is about to go on a trip to another country. When several students heard that she was excused early from class because of a medical appointment for vaccinations, they spread a rumor that she had AIDS. Use your knowledge of vaccinations and the immune system.

3. Central High School is having a blood drive. Several students have heard a rumor that they can get AIDS from donating blood. Use your knowledge of how blood for transfusions is tested.

4. A student at Central High School has recently tested positive for HIV, and his classmates are avoiding him. They have heard a rumor that they could get AIDS if this student sneezes on them. Use your knowledge of how AIDS is and is not spread.

5. A student with AIDS will be visiting Central High School to attend some classes while she is in town for treatment. A group of students has proposed setting up a separate bathroom or reserving a special toilet stall for the student so that germs are not spread. Use your knowledge of how AIDS is and is not spread.

Facts About Sexually Transmitted Diseases

Directions Public Service Announcements provide information to the public about important issues and services. For your school, write two Public Service Announcements about sexually transmitted diseases. Make the first announcement informative. Make the second one persuasive. Follow the guidelines below to complete each announcement.

1. Include information about common sexually transmitted diseases: genital herpes, gonorrhea, chlamydia, and syphilis. Use language that teenagers will understand easily.

2. The purpose of this announcement is to persuade teenagers to make healthy sexual choices, including abstinence. Acknowledge that although peer pressure makes decisions difficult, there are important benefits to smart sexual choices. Use facts about sexually transmitted diseases to support your case.

Changing Risk Factors?

Directions Read the case history below of a man who has just had a heart attack. Pretend that you are his doctor. Answer the man's questions on the lines. Suggest ways to keep him from having another heart attack.

Case history

Patient: John Age: 72 Sex: Male Race: African American

Personal habits: Smokes two packs of cigarettes daily; Enjoys foods high in fat

Medical history: Has not seen a doctor in the last 15 years; Occasionally has severe chest pains

Family history: Mother had a heart attack when she was 61 years old

Patient: I was shocked to wake up in the hospital and then be told that I had had a heart attack. Why me? I always feel healthy.

1. Physician:

Patient: What warning signs or symptoms for my heart attack did I maybe miss?

2. Physician:

Patient: Will I have to change my lifestyle? What can I do to lessen my risk factors for another attack?

3. Physician:

What Is Cancer?

Directions In each sentence, replace the bold word with the correct word.
Write the word on the line.

- _____ 1. The many different types of cancer are caused by an abnormal growth of **viruses** in the body.
- _____ 2. Sometimes the abnormal growth of body cells forms a **lymph node**.
- _____ 3. Hodgkin's disease usually affects **older adults**.
- _____ 4. A **benign** tumor is harmful to health.
- _____ 5. Chemotherapy is a cancer treatment involving **surgery**.
- _____ 6. Radiation **reproduces** cancerous tissue.
- _____ 7. Malignant melanoma is a kind of skin cancer caused by **viruses**.
- _____ 8. Because of **carcinogens**, women whose mothers had breast cancer have a higher risk for breast cancer than other women.
- _____ 9. People with weakened immune systems from **heart attacks** are more open to cancer.
- _____ 10. The smoke from cigarettes and cigars contain **mutations** that can cause cancer.
- _____ 11. Unusual bleeding can be a **cause** of cancer.
- _____ 12. You should do a self-exam once a **year**.
- _____ 13. Toxic chemicals and radiation are **warning signs** of cancer.
- _____ 14. Wearing sunscreen can help protect your skin from **warts**.
- _____ 15. Loose cancer cells can spread throughout the body if they get into the **lungs**.

Diabetes

Directions Circle the word that best completes each sentence.

1. People with diabetes do NOT have enough (insulin, sugar, energy) in their body.
2. A diabetic coma can happen in a person with (type II diabetes, type I diabetes, cancer).
3. People with type I diabetes seem to have a defect in their (nervous system, immune system, respiratory system).
4. Insulin is made in the (liver, kidneys, pancreas).
5. People with type I diabetes may have (extreme thirst, too much energy, too little blood).
6. Most type II diabetes happens in (childhood, adulthood, only women).
7. Changes in (blood vessels, heart rate, digestion) happen as diabetes gets worse.
8. Type II diabetes has been linked to (malnutrition, obesity, poor nutrition).
9. Your digestive system turns (protein, carbohydrates, fats) into glucose that is used for energy in the body.
10. If your urine has (glucose, protein, insulin) in it, you may have diabetes.

Arthritis, Epilepsy, and Asthma

Directions The statements below are about common chronic diseases. Write *Ar* on the line before each statement that relates to arthritis, *E* for each statement that relates to epilepsy, and *As* for each statement that relates to asthma.

- _____ 1. Cartilage in the joints wears away.
- _____ 2. Seizures are part of this disease.
- _____ 3. Allergies may cause it to act up.
- _____ 4. Disordered brain activity causes it.
- _____ 5. Joints become stiff.
- _____ 6. The body shakes uncontrollably.
- _____ 7. Bones rub against one another.
- _____ 8. A person may pass out and fall down.
- _____ 9. Badly harmed joints may cause a person to have a joint replacement.
- _____ 10. A person breathes medicine directly into air passages.
- _____ 11. A person's thinking is affected during a petit mal seizure.
- _____ 12. The number of people who have it is getting higher.
- _____ 13. A person may not remember a grand mal seizure.
- _____ 14. An attack may happen as often as once every few hours.
- _____ 15. A person may simply stare at something for a moment.

Medicines

Directions Answer each question on the lines, using complete sentences.

1. Into what two types does the Food and Drug Administration divide medicines?

2. How are the two types of medicines different?

3. Identify five purposes for medicines.

4. Name five ways that medicines are taken.

5. What must be included on a medicine label?

Tobacco

Directions Each statement refers to a particular form(s) of tobacco. On the line before each statement, write *S* for tobacco that is smoked in cigarettes, cigars, or pipes. Write *SL* for smokeless tobacco, or write *A* for all kinds of tobacco.

- _____ **1.** It contains nicotine.
- _____ **2.** It is addictive.
- _____ **3.** It contains a stimulant.
- _____ **4.** It can rot your teeth and make them fall out.
- _____ **5.** It is put between the cheeks and gums and chewed.
- _____ **6.** It can cause lung cancer.
- _____ **7.** It can cause mouth cancer.
- _____ **8.** It can affect people nearby who don't use it.
- _____ **9.** It poisons unborn babies whose mothers use it.
- _____ **10.** Patches and gum can help people stop using it.
- _____ **11.** People who stop using it go through withdrawal.
- _____ **12.** People think it relaxes them, but it actually speeds up their heart rate and central nervous system.
- _____ **13.** It makes gases that harm red blood cells.
- _____ **14.** It can create more than 2000 harmful chemicals.
- _____ **15.** It can cause emphysema.

Alcohol

Directions Circle the word or words in parentheses that best complete each sentence.

1. About 14 million Americans (use, abuse, do not use) alcohol.
2. Alcohol (does, may, does not) make people feel better.
3. Alcohol (does, may, does not) help people relax.
4. Alcohol (does, may, does not) help people stop thinking about how they feel.
5. Alcohol has a (positive, negative, different) effect on every major system in your body.
6. Oxidation happens mainly in the (liver, kidneys, brain).
7. Your liver can oxidize about (1/2 ounce, 2 ounces, 4 ounces) of alcohol an hour.
8. A bottle of beer, a glass of wine, and a shot of hard liquor all contain (0.6 ounces, 1 ounce, 2 ounces) of alcohol.
9. Drinking alcohol during pregnancy does NOT cause (death, birth defects, hallucinations) in unborn babies.
10. The only way to prevent fetal alcohol syndrome is to (reduce, stop, increase) drinking during pregnancy.

Classifying Drugs

Directions Each statement refers to a stimulant, a depressant, a narcotic, a hallucinogen, or all of them. On the line before each statement, write *S* for stimulant, *D* for depressant, *N* for narcotic, *H* for hallucinogen, or *A* for all four.

- _____ 1. Cocaine is a white powder made from leaves of the coca plant.
- _____ 2. Sedative hypnotic drugs may be prescribed to help a person sleep.
- _____ 3. Barbiturates are a category of sedative hypnotic drugs.
- _____ 4. They are psychoactive drugs.
- _____ 5. Codeine is used to control coughing.
- _____ 6. They make things appear to be what they are not.
- _____ 7. Crack is a form of cocaine.
- _____ 8. Morphine is sometimes used in the later stages of cancer.
- _____ 9. In order to smoke the drug, it is turned from powder into rocks.
- _____ 10. They are made from the opium poppy.
- _____ 11. Amphetamines speed up heart rate and breathing.
- _____ 12. LSD and PCP are human made.
- _____ 13. They affect the body's central nervous system.
- _____ 14. Tranquilizers can lessen anxiety.
- _____ 15. The health problems caused by using cocaine are even worse with crack.

Other Dangerous Drugs

Directions Circle the word or words in parentheses that best complete each sentence.

1. It is illegal to (grow, use, grow or use) marijuana.
2. THC is one of the (100, 200, 400) chemicals that marijuana contains.
3. THC stays in the body's fat tissues for (5, 10, 30) days.
4. Marijuana can (raise, maintain, lower) heart rate and blood pressure.
5. People can experience mood changes with (the first, the second, repeated) use of marijuana.
6. Inhalants are NOT used (to relieve pain, to reduce stress, for their hallucinogenic effect).
7. Using an inhalant for (any purpose, its purpose, a different purpose than it is meant for) is illegal.
8. Designer drugs are usually (weaker then, stronger than, identical to) the legal drugs they resemble.
9. Look alike drugs may contain (legal drugs, illegal drugs, anything).
10. Athletes may (use, abuse, avoid) steroids to make themselves bigger and stronger.

Drug Dependence Problems

Directions Below are statements that could be made about physical drug dependence, psychological drug dependence, or both. On the lines, write *PH* for physical, *PS* for psychological, or *B* for both.

- _____ 1. The dependence can last longer by enabling.
- _____ 2. If a person stops using a drug, the central nervous system speeds up or slows down, depending on the drug.
- _____ 3. Withdrawal comes from the sudden absence of a drug in the body.
- _____ 4. The person might have sudden mood changes.
- _____ 5. The dependence usually begins with personal problems.
- _____ 6. People believe they need the drug to feel good.
- _____ 7. Heredity might determine if this type of dependence occurs.
- _____ 8. The dependence might be produced by drugs such as marijuana, alcohol, cocaine, heroin, or amphetamines.
- _____ 9. Another name for it is substance abuse disorder.
- _____ 10. Users have a mental desire to use the drug over and over again.
- _____ 11. Users begin to use more and more of the drug.
- _____ 12. Users develop tolerance to the drug.
- _____ 13. The strongest dependence is produced by narcotics, barbiturates, and alcohol.
- _____ 14. A drug has produced a need.
- _____ 15. Emotional pain comes back when the drug wears off.

Drug Dependence Solutions

Directions Write your answer to each question on the lines provided. Use complete sentences.

1. What are the three steps in recovery from drug dependence?

2. What is the goal of recovery? Why is that the goal?

3. What is the difference between residential and outpatient treatment centers?

4. What are four groups that offer support to alcoholics and their families?
Whom do they support?

5. How do counselors help drug users who come to mental health centers for help?

Alternatives to Drug Use

Directions Write your answer to each question on the lines provided. Use complete sentences.

1. What are some worthwhile alternatives to drug use?

2. What is the main reason that adolescents begin using drugs?

3. Give two examples of refusal techniques for avoiding drug use.

4. What do drug hotlines do?

5. What is one healthful way a person can cope with stress and other problems?

Risks At Home

Directions On the line before each statement below, write *R* if following the instruction would reduce the risk of injury. Write *I* if following the instruction would increase the risk of injury.

- _____ 1. Put nonskid mats in bathtubs and showers.
- _____ 2. Keep all flammable liquids near heat.
- _____ 3. Clean chimneys every three years.
- _____ 4. Wear loose fitting clothing around open flames.
- _____ 5. Place a smoke detector on every level of a home.
- _____ 6. Store household products in their original containers.
- _____ 7. Test smoke detectors every year.
- _____ 8. In the event of a fire, stay close to the floor where there is more oxygen.
- _____ 9. Pull on the cord and not the plug when disconnecting appliances.
- _____ 10. Stay away from power lines that are down.
- _____ 11. Put a tight lid on a pan that has a grease fire in it.
- _____ 12. Keep throw rugs loose and not fastened to the floor.
- _____ 13. Stand on boxes if you don't have a step stool.
- _____ 14. Do not use a screen in front of a fireplace.
- _____ 15. Keep a fire extinguisher in the kitchen.

Risks Away from Home

Directions On the line before each statement below, write *R* if following the instruction would reduce the risk of injury. Write *I* if following the instruction would increase the risk of injury.

- _____ 1. Wear required protective clothing at work.
- _____ 2. Get plenty of rest before going to work.
- _____ 3. Use one strap to carry a backpack.
- _____ 4. If a strong current pulls you away from shore, swim at a diagonal angle toward the current.
- _____ 5. If ice begins to crack while you are on it, run away from the crack.
- _____ 6. Make sure that all sporting equipment is working properly.
- _____ 7. Follow the proper cool down exercises before beginning a sport.
- _____ 8. Take plenty of food and water along when camping.
- _____ 9. If the boat you are in overturns, try to swim to safety.
- _____ 10. Swim in places where a lifeguard is on duty.
- _____ 11. If you fall while skating or biking, try to stand up.
- _____ 12. Before diving into a body of water, check for objects and other swimmers.
- _____ 13. Safely carry up to 30 pounds in backpack.
- _____ 14. Make sure that lifejackets are available for children on a boat. However, adults do not need them.
- _____ 15. In case of a fire, try to help people with disabilities get out of the building.

Risks on the Road

Directions On the line before each phrase below, write *R* if it relates to reducing risk of injury. Write *I* if it relates to increasing risk of injury.

- _____ 1. Taking a driver's training class while learning to drive
- _____ 2. Using a motorcycle instead of a car
- _____ 3. Not signaling turns on a bicycle
- _____ 4. Bicyclists riding against the traffic flow
- _____ 5. Bicyclists riding single file
- _____ 6. Staying in your seat until the bus starts approaching a stop
- _____ 7. Drivers maintaining the posted speed
- _____ 8. Reducing driving speed on dirt roads and damaged pavement
- _____ 9. Buckling small children into the same seat belts that adults use
- _____ 10. Having a motorcycle inspected regularly to make sure it is in good repair
- _____ 11. Grabbing on to a moving vehicle while riding a bicycle
- _____ 12. Wearing reflective clothing while bicycling during the day
- _____ 13. Maintaining a vehicle properly
- _____ 14. Driving when you are angry or frustrated
- _____ 15. Making sure that clothing stays away from moving parts of a motorcycle

Safety in Natural Disasters

Directions On the line before each statement below, write *H* if the statement relates to a hurricane, *T* to tornadoes, *F* to floods, *E* to earthquakes, or *B* to blizzards. If a statement relates to more than one of the natural disasters, write all the letters on the line.

- _____ 1. People should move their belongings to an upper floor.
- _____ 2. Most of them occur along the West Coast.
- _____ 3. They affect the southern and eastern coasts of the United States.
- _____ 4. Most of them can be predicted.
- _____ 5. Do not stop your car under bridges or overpasses.
- _____ 6. There is almost no visibility.
- _____ 7. If one is coming, you should turn off the gas and electricity before leaving.
- _____ 8. They may come from the melting of heavy winter snows.
- _____ 9. Go to the basement and stay there until it passes.
- _____ 10. Scientists cannot yet predict when they will occur.
- _____ 11. Warm clothes, blankets, and a flashlight should be kept in your vehicle.
- _____ 12. It has heavy rains and winds above 75 miles per hour.
- _____ 13. Move away from it at right angles to its path.
- _____ 14. The temperature is below 20°F.
- _____ 15. It is a funnel with wind speeds up to 500 miles per hour.

First Aid

Directions Some of the statements below describe good first aid; others do not. If a statement describes proper first aid, write *Yes* on the line. If it does not, write *No* on the line.

- _____ 1. Marcy could not swim very well, but she dove in because she could tell that Andrew needed her help.
- _____ 2. When he saw the fire, Ben moved his injured friend out of the house.
- _____ 3. After Mark's fall from the tree, Dirk and Leroy moved him to a park bench.
- _____ 4. Carmen's little brother was not breathing, so she started performing rescue breathing on him.
- _____ 5. Philip knew that Calvin had some sort of emergency tags, but there was no time to look for them.
- _____ 6. Damon put on cotton gloves before applying pressure to the wound.
- _____ 7. Kirby did not try to find a phone number to call for an ambulance. Instead, he called the operator so she could connect him.
- _____ 8. Brett was sweating a lot, and he said he was hot. Marianne put two extra blankets on him while they waited for the ambulance.
- _____ 9. After Gene changed the bandages on Jim's wound, he made sure to put them in a plastic bag and throw them in the trash.
- _____ 10. Joan hadn't had any training in CPR, but she had seen this procedure on television. She went ahead and tried it while they waited for the paramedics.

Saving Lives

Directions Read each sentence below. Decide what would be the best thing to do before the ambulance arrives. Write *HM* for Heimlich maneuver, *RB* for rescue breathing, *FS* for finger sweep, or *CPR* for cardiopulmonary resuscitation.

- _____ **1.** The electricity was off now, but Martha had stopped breathing from the shock.
- _____ **2.** It looked like Barney had a piece of his dinner caught in his throat.
- _____ **3.** Nan had stopped breathing, but Sarah could still feel her pulse.
- _____ **4.** Frank's heart had stopped beating, and he had no pulse.
- _____ **5.** Darryl was not able to talk, and he was coughing and turning blue.
- _____ **6.** When Dan fell over, everyone remembered his history of heart disease. He had no pulse and was not breathing.
- _____ **7.** The thrusts to the rib cage did not clear Jose's breathing passage.
- _____ **8.** The baby had swallowed the little toy ball and was choking.
- _____ **9.** Paul and Pam pulled Rick's limp body out of the pool. Rick was not breathing and had no pulse.
- _____ **10.** Augusta grabbed her throat with both hands.

First Aid Choices

Directions Each statement below describes a type of first-aid treatment. On the line before each statement, write the letters of the correct answer. Write *CP* for contact poisoning, *FB* for frostbite, *HE* for heat exhaustion, *IP* for inhalation poisoning, *IS* for insect sting, *OP* for oral poisoning, or *SB* for snakebite.

- _____ 1. Wash the skin with soap and a lot of water.
- _____ 2. Wash and apply a paste of baking powder to reduce swelling.
- _____ 3. Get the victim some fresh air.
- _____ 4. Get the person out of the heat.
- _____ 5. Use your fingernail to scrape away the stinger.
- _____ 6. Put the affected area in warm water.
- _____ 7. Cool the person with wet cloths.
- _____ 8. Take off clothes that touched the substance.
- _____ 9. Keep the person calm, still, and lying down.
- _____ 10. Apply calamine lotion to stop itching.
- _____ 11. Cover the affected area with clean, dry bandages.
- _____ 12. Call the local poison control center immediately.
- _____ 13. Try to identify the poison for authorities.
- _____ 14. Perform rescue breathing if necessary.
- _____ 15. Keep the affected part of the body still and make sure it is lower than the person's heart.

What Is Violence?

Directions Circle the word or words in parentheses that best complete each sentence.

1. (Police, Gangs, Schools) use threats of violence to protect their “turf.”
2. (Random, Family, Gang) violence usually has no specific target.
3. Conflict and violence (are, might be, are not) the same thing.
4. If you and your brother disagree about doing chores repeatedly, you have an (internal, external, ongoing) conflict.
5. Almost (1.3 million, 700,000, 300,000) people were the victims of violent crime in the United States in 2003.
6. Violent crimes are committed more often against (teens, young adults, the elderly) than any other group.
7. A victim of violence might suffer (mental, physical, mental and/or physical) health problems.
8. A violent past (cannot, might, will) affect a person’s future.
9. In 2002, (5.7, 3.8, 1.2) percent of males ages 16 to 19 were victims of violent crimes.
10. Violence can (always, sometimes, never) solve a personal disagreement.
11. Parents who are violent might have learned that behavior as (infants, children, adults).
12. People who commit violence might feel (lucky, guilty, peaceful) about what they have done.
13. Violence (always, can, never) involve(s) damaging someone’s property.
14. Disagreements among people are (normal, dangerous, violent).
15. (Gang-related, Violent, Drug-related) crimes are the only type of crime that is increasing in number in the United States.

The Causes and Effects of Violence

Directions Match each cause in Column A with the correct effect in Column B. Write the correct letter on the line.

Column A

- _____ 1. A young man has several alcoholic drinks before confronting a problem.
- _____ 2. A boy spends four hours a day watching violent TV shows.
- _____ 3. Someone is highly offended by a remark.
- _____ 4. A young woman is raped.
- _____ 5. A woman lets her anger cause her to commit violence
- _____ 6. A young man commits crimes and gets a criminal record.
- _____ 7. Violence in the media keeps increasing.
- _____ 8. A father buys a gun to protect his family.
- _____ 9. A young man sees a group of his friends going to rob a store.
- _____ 10. A waitress whose shift ends at midnight always has a friend walk home with her.

Column B

- A** He ends up saying and doing things that are in bad judgment.
- B** He might get into a fight at school that badly injures another boy.
- C** That person might get a weapon to use in seeking revenge.
- D** She ends up in jail for assault.
- E** He gets turned down for his dream job because of his background.
- F** She has to deal with the physical and emotional damage caused by the crime.
- G** She is much less likely to be the victim of a crime.
- H** Even though he knows it is wrong, he might join them.
- I** Violence seems like a normal part of life.
- J** He is much more likely to be involved in a violent incident.

Preventing Violence

Directions Circle the word or words in parentheses that best complete each sentence.

1. Some cities have begun teen curfews, which make it illegal for teens to (walk down certain streets, stay out after a certain time, talk to certain people).
2. Neighborhood Crime Watch programs use (volunteers, deputy officers, private guards) who help police.
3. Many lawmakers are voting for (tougher, more lenient, simpler) punishment for violent crimes.
4. Asking for help with a conflict is a sign of (weakness, poor judgment, strength).
5. A (judge, counselor, mediator) is someone who helps others find a solution to a problem.
6. (All, Some, No) conflicts can be ignored.
7. To resolve a conflict, focus more on (the other person's actions, the other person's words, your own feelings).
8. You can help friends in conflict by letting them know you support (a peaceful, a violent, any kind of) solution.
9. Many schools are now offering courses in accepting and respecting (yourself, your teacher, one another).
10. A peer mediation program trains students to help one another (find justice, report problems, resolve conflicts).
11. If a friend tells you about plans for a violent act, you (should, should not, cannot) betray the confidence.
12. Saying "I'm sorry" is (always, often, never) the appropriate thing to do.
13. When acting as a mediator, let both parties know that you (want to, might, will not) take sides.
14. Some conflicts are based on rumors that might not be (true, important, up-to-date).
15. It is (more, just as, less) likely that two people will stop a fight if others are watching.

Wise or Unwise Consumer

Directions Write *W* on the line before a quotation that might come from a wise consumer. Write *U* if it might come from an unwise consumer. Write *B* if it might come from both kinds of consumers.

- _____ 1. “I make a point of reading consumer publications that tell about the choices in health products and services.”
- _____ 2. “Friends and relatives give me all sorts of advice about health care.”
- _____ 3. “I think that if a product does not work, complaining about it may be more trouble than the product is worth.”
- _____ 4. “Advertising helps people know about products.”
- _____ 5. “Price is the only thing I think about in buying most health products.”
- _____ 6. “Medical people call a new method quackery simply because they didn’t think of it first.”
- _____ 7. “Product labels contain important information.”
- _____ 8. “I wrote a letter to the Federal Trade Commission for help.”
- _____ 9. “This medical procedure has never been tried on human beings before, but it is legal and I am willing to try anything.”
- _____ 10. “I know that every disease and condition has a cure.”
- _____ 11. “I would rather try a number of medicines I can buy at a drugstore before I see a doctor.”
- _____ 12. “It must be a good product because so many people are buying it.”
- _____ 13. “I hate to ask my doctor for information about a product because I don’t want her to think that I’m stupid.”
- _____ 14. “My doctor says that taking that medicine is a bad idea, so I stopped.”
- _____ 15. “I telephoned a manufacturer and demanded my money back for a product that didn’t work.”

Medical Specialists

Directions Each statement below describes a person's health problem. Write the type of specialist the person should see for the problem on the line. Use the list of specialists on page 453 of your textbook.

- _____ **1.** Darryl has been having chest pains whenever he climbs the stairs.
- _____ **2.** Marianne has had a rash ever since she got a severe sunburn.
- _____ **3.** Ever since the accident, Debra can't sleep because of bad dreams.
- _____ **4.** Brent's little brother has the flu.
- _____ **5.** Debbie has been feeling pain when menstruating.
- _____ **6.** Recently, Carolyn has been getting into a lot of fights at school.
- _____ **7.** Ed got new glasses a month ago, but he still can't see well at night.
- _____ **8.** Every time she goes into the dusty attic, Melanie's hands swell up and start to itch.
- _____ **9.** Carrie has been vomiting regularly during her pregnancy.
- _____ **10.** The Carters' young son has been exposed to measles.

Paying for Health Care

Directions Circle the word or words in parentheses that best complete each sentence.

1. A deductible is the part of a year's medical expenses that the (doctor, patient, insurance company) pays.
2. Some people use (health, life, homeowner's) insurance as a way to pay for medical expenses.
3. A managed care organization acts as a go-between for (the patient and the physician, the patient and the insurance company, the physician and the insurance company).
4. If your medical expenses for one year are \$2,200 and you have a \$500 deductible, you pay (\$2,200, \$1,700, \$500).
5. A(n) (HMO, IPA, PPO) controls how health care is delivered and what it costs.
6. Members of an HMO pay (a different amount, a fixed amount, nothing) each month.
7. Medicare provides insurance for people with (low incomes, children, certain disabilities).
8. You must be age 65 or over to receive (Medicare, Medicaid, SCHIP).
9. The FDA is a branch of the (NIH, CDC, USPHS).
10. Alternative birthing centers offer help to women with (problem, high risk, low risk) pregnancies.
11. Many universities, hospitals, and private institutes conduct research with money the (NIH, CDC, FDA) provides.
12. A training program for health care workers might be supported by the (HRSA, NIH, SAMHA).
13. Neighborhood clinics offer health services at (high, low, no) fees.
14. HMO members usually must pay (all, some, none) expenses for seeing doctors who do not belong to the HMO.
15. HMOs generally cost (more than, less than, the same as) PPOs.

Public Health Problems

Directions Each statement below tells something about a public health problem. Read each statement. On the line before each statement, write *PO* for poverty, *EP* for epidemics, *HO* for homelessness, *GHS* for getting health services, or *EN* for environment. Some statements have more than one answer.

- _____ 1. Tuberculosis is a growing problem.
- _____ 2. They are not as common in the United States now as in the past.
- _____ 3. People in these groups are considered high-risk for not being able to get basic health services.
- _____ 4. Poor hygiene is common.
- _____ 5. Many experts believe it can lead to health problems.
- _____ 6. Safe drinking water might be difficult to find.
- _____ 7. It might affect a large portion of the population.
- _____ 8. In 1918, 550,000 Americans died of influenza.
- _____ 9. It affects children's school attendance.
- _____ 10. Polio was one such health concern.
- _____ 11. It is the main reason that children go without vaccinations.
- _____ 12. People cannot afford a nutritional diet.
- _____ 13. These three problems often occur together.
- _____ 14. Some geographical areas are more affected than others.
- _____ 15. Developing nations often have problems of this sort.

U.S. Public Health Solutions

Directions Match each agency in Column A with the correct role each plays in Column B. Write the correct letter on the line.

Column A: Agencies

- _____ 1. Administration for Children and Families
- _____ 2. Consumer Product Safety Commission
- _____ 3. Environmental Protection Agency
- _____ 4. Food and Drug Administration
- _____ 5. National Institutes of Health

Column B: Roles

- A** Promotes disease prevention
- B** Provides programs for children, the poor, and the disabled
- C** Provides safety guidelines
- D** Regulates drugs and medical devices
- E** Protects and improves the environment

Directions Choose the answer that best completes each sentence. Write the letter of the correct answer on the line.

6. Inspecting restaurants, making sure water is clean and safe, and tracking down sources of communicable diseases are _____ tasks.
- A** advertising **B** nutrition **C** sanitation **D** treatment
7. _____ collects and distributes information about public health problems.
- A** The FDA **B** The CDC **C** A school clinic **D** A senior center
8. Government agencies issue _____ that businesses must follow.
- A** research **B** programs **C** regulations **D** taxes
9. Senior centers assist _____.
- A** children **C** people living in poverty
- B** senior citizens **D** students
10. The _____ conducts research and carries out national health policies.
- A** Centers for Medicare and Medicaid Services
- B** Environmental Protection Agency
- C** National Institutes of Health
- D** Occupational Safety and Health Administration

Health Promotion and Volunteer Organizations

Directions Choose the word or words from the Word Bank that best complete each sentence. Write the word or words on the line.

Word Bank

advocacy groups	Peace Corps
American Cancer Society	United Nations International Children's
American Heart Association	Emergency Fund
American Lung Association	volunteers
Food and Agriculture Organization	World Health Organization
International Red Cross	

1. Food-drive _____ work without pay to help others.
2. The _____ provides education programs about cancer.
3. The _____, an agency of the United Nations, works to provide public health services around the world.
4. The _____, another UN agency, provides vaccinations, school food programs, and health centers for children.
5. The _____ helps Americans learn preventive health measures to protect their lungs.
6. The _____, an agency that works in developing nations, improves food production and distributes food.
7. The United States promotes international public health through the _____.
8. To get information about health behaviors that benefit the cardiovascular system, Americans could contact the _____.
9. The _____ provides food, clothing, medical care, and temporary shelter to victims of natural disasters.
10. In the United States, _____ encourage passage of civil rights laws.

Health and the Environment

Directions Each statement below tells about an activity that helps maintain the balance of nature or an activity that disturbs the balance of nature. On the line before each statement, write an *M* for maintains or a *D* for disturbs.

- _____ 1. Cutting down trees in a forest to use for wood
- _____ 2. A factory releases dangerous chemicals into a stream.
- _____ 3. Managing lakes so that they support wildlife
- _____ 4. Studying ecology in order to understand how living things interact with the environment
- _____ 5. Burning fossil fuels to get energy
- _____ 6. An earthquake occurs that damages the land.
- _____ 7. Reducing the amount of trash that is sent to landfills
- _____ 8. Stripping the land in order to mine metals and minerals
- _____ 9. A forest fire burns an old forest, destroying trees and wildlife.
- _____ 10. Restoring fish and plants to an area that was heavily polluted
- _____ 11. Preserving parts of a forest so that they cannot be used for resources
- _____ 12. Burying chemical wastes in the soil
- _____ 13. Building houses where none had been before
- _____ 14. Humans breathe out carbon dioxide, and trees take in carbon dioxide.
- _____ 15. Banning pesticides that harmed bald eagles

Types of Air Pollution

Directions The statements below describe different types of air pollution. On the line before each statement, write *PS* for photochemical smog, *FF* for fossil fuels, *A* for asbestos, *HC* for hydrocarbons, *CM* for carbon monoxide, *R* for radon, or *PA* for particulates. If more than one answer applies, write all the letters that apply.

- _____ 1. Can produce air pollution dangerous to human health
- _____ 2. Produces ozone
- _____ 3. Can irritate the respiratory tract
- _____ 4. Burned by factories and power plants
- _____ 5. Found in motor vehicle exhaust
- _____ 6. A building material
- _____ 7. It's colorless and odorless.
- _____ 8. One kind of these is in leaded gasoline.
- _____ 9. Produces sulfur dioxide
- _____ 10. Affects the red cells in blood
- _____ 11. An indoor air pollutant
- _____ 12. Sunlight mixes hydrocarbons and nitrogen oxides to make it.
- _____ 13. Can contribute to lung disease
- _____ 14. Disturbing it releases tiny fibers into the air.
- _____ 15. Includes coal, oil, and natural gas

Types of Water Pollution

Directions The statements below describe different types of water pollution. On the line before each statement, write *FW* for factory wastes, *S* for sewage, *OL* for oil leaks, *AG* for agricultural runoff, or *HC* for household chemicals. If more than one answer applies, write all the letters that apply.

- _____ 1. Reducing the amount of phosphorus in laundry soaps makes them less harmful.
- _____ 2. Large tankers can sink or leak, causing spills that endanger ocean life.
- _____ 3. Using too much fertilizer can increase the growth of algae.
- _____ 4. Contains pesticides and herbicides
- _____ 5. Can include animal wastes
- _____ 6. Includes wastes such as mercury, lead, and acids that cannot be broken down
- _____ 7. This can be filled with dangerous bacteria.
- _____ 8. Federal and state governments have passed laws to stop this pollution.
- _____ 9. Can cause human diseases such as typhoid fever and cholera
- _____ 10. It is important to read the labels on these so you know how to dispose of them.
- _____ 11. These chemicals increase algae growth, but they can kill fish and animals.
- _____ 12. According to the law, this must be treated before it can be put into the environment.
- _____ 13. Rain can cause this material to run off into the water supply.
- _____ 14. Leaves behind carcinogens when it spills
- _____ 15. This material comes from drains and toilets.

Places

Directions Write the name of the place in Column B next to the statement in Column A to which it applies. Some places will be used more than once.

Column A

- _____ 1. Some scientists believe that many of its people might die of cancer because of a nuclear accident that happened in the former Soviet Union.
- _____ 2. It has experienced extreme drought.
- _____ 3. In some areas, all of its forests were lost to development.
- _____ 4. All its homes were polluted, and the people had to move.
- _____ 5. It is running out of landfill sites.
- _____ 6. Many people died immediately.
- _____ 7. The villages and forests around it are deserted.
- _____ 8. Winds carried radiation to it.
- _____ 9. A nuclear accident occurred there in 1986.
- _____ 10. For several years, an industry dumped toxic chemicals into the ground there.

Column B

Africa
Europe
Love Canal
Chernobyl
United States

Protecting the Environment

Directions Write a brief description of the agencies, laws, or conferences listed below that help protect the environment.

1. The Clean Air Act

2. The National Environmental Policy Act

3. The Environmental Protection Agency

4. The United Nations Conference on Environment and Development

5. California vehicle laws
