Study Guide

Name:

1. List four uncontrollable risk factors that influence health

2. List six risk behaviors.

3. True or False: Growing up in an environment where exercising daily plays a significant role and where the family sits down for a home cooked meal at dinner will help to make a person's development of lifelong healthy habits easier and thus make one a healthier adult

4. List five ways to improve self-esteem

5. True or False: A teen with poor self-esteem can never change or improve his/her level of self-esteem.

6. Give an example of positive stress:

7. List three healthful ways to deal with emotions/anger:

8. Name 2 things that can you do to deal with anxiety over taking a test?

9. True or False: Depression is a serious condition that may require medical help.

10. What should a teen do who is experiencing depression?

11. What should you do if a friend talks about suicide?

12. Name five warning signs of suicide.

13. List five factors that could lead a person to fall into a depressed state

14. List and describe five ways the appetite is influenced.

15. How are anorexia and bulimia similar?

16. What should you do if you have a friend you suspect might have an eating disorder?

17. What is the best method of rehydration during physical activity?

18. Why is it NOT healthy to skip breakfast?

19. What are some ways to reduce the risk of developing obesity, osteoporosis and heart disease?

20. How do the nutritional needs of athletes, infants, and people with health conditions differ from those of healthy individuals?

21. Describe the effects and ways to reduce the chances of developing osteoporosis.

22. What are some causes for dehydration?

23. First –What are the Nutrients and then Put the appropriate Nutrient Category for each statement—

NUTRIENTS:

C_____

P_____

M_____

V_____

W_____

F__ _____

Words to Know

Vocabulary

Gallbladder:

Liver:

Kidneys:

Heart:

Small Intestine:

Large Intestine:

Stomach:

Pancreas:

Lungs:

Bladder:

Fad diet:

Weight cycling:

Anorexia:

Bulimia nervosa:

Nicotine:

Stimulant:

Carcinogen:

Depressant:

Intoxication:

BAC : Blood Alcohol Concentration

Name _____   **Date** _____

Skull

Clavicle

Mandible

Scapula

Thorax

Humerus

Sternum

Ulna

Spine

Radius

Pelvis

Carpus

Sacrum

Metacarpus

Phalanges

Femur

Patella

Tibia

Fibula

Tarsus

Metatarsus

Phalanges