**Homework Assignments**

The following work will be assigned over the course of our work on the Human Body Systems Project.

Complete each as assigned or work ahead. I will check progress when the work is due.

**Assignment One: 28.6 Certain drugs alter brain function.**

Read pages 629-631 (Biology text or PDF)

1. What are three different ways drugs impact neurons and neurotransmitters?
2. Describe in one statement the following terms: tolerance, addiction, withdrawal.
3. Choose 2 drug classifications. Describe how each impacts neurons/neurotransmitters and the effects of the drugs on the functions of the body.

**~~Assignment Two: Continuation of Certain drugs alter brain function.~~**

1. ~~Open the following link:~~ [~~https://learn.genetics.utah.edu/content/addiction/abuse~~](https://learn.genetics.utah.edu/content/addiction/abuse)
2. ~~Watch the video on Alcohol and summarize by answering the following:~~
   1. ~~What type of drug is alcohol (classification from 28.6)?~~
   2. ~~What are the impacts of drinking alcohol (not abuse, just drinking it)?~~
   3. ~~Why do you think alcohol becomes addictive (not in video, think of effects)?~~
3. ~~Choose another video and summarize by answering the following:~~
   1. ~~What type of drug is it (classification from 28.6)?~~
   2. ~~What are the initial effects?~~
   3. ~~Why is this drug dangerous?~~

**Assignment Three: 29.3 A healthful diet provides both fuel and building materials.**

1. Read pages 644-647 (Biology text or PDF)
2. What nutrients can provide calories for the body?
3. What are four categories of essential nutrients?
4. Describe one specific essential nutrient, one specific vitamin, and one specific mineral. Include the name, function, and foods you eat that contain the material.

**Assignment Four: 29.4 Nutritional disorders damage health.**

1. Read pages 648-649 (Biology text or PDF)
2. What is the difference between malnutrition and undernutrition?
3. Can you be both malnourished and undernourished? In the US, do you think people are generally malnourished or undernourished? Explain your answer.
4. Choose obesity, anorexia, bulimia, or binge eating. Describe the condition and potential impacts on overall health.

**Assignment Five: 30.4 Cardiovascular disease is the leading cause of death in the US.**

1. Read pages 665-666 (Biology text or PDF)
2. Explain how plaque buildup can lead to challenges with the cardiovascular system. Choose at least 2: atherosclerosis, arteriosclerosis, hypertension, or stroke.
3. What are five ways you can prevent these cardiovascular diseases?
4. Why is developing healthy habits NOW going to impact your health in the future (not in the book, this is a think about it question)?

**Assignment Six: 30.6 Smoking damages the body and shortens life.**

1. Read pages 670-671 (Biology text or PDF)
2. What are 3 negative impacts of smoking on the body?
3. Explain why tobacco is addictive.
4. Read the information "What about e-cigarettes and hookahs?" and "How can smoking affect health?" at the following link:

<https://kidshealth.org/en/teens/smoking.html>

1. Why are e-cigarettes just as unhealthy as smoking cigarettes?
2. Why do YOU think e-cigarettes are more popular than cigarettes?
3. In addition to lung diseases, what other problems occur from smoking cigarettes and e-cigarettes?