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Health Final Review Packet

Unit 1: Holistic Health (Chapter 1 & 3)

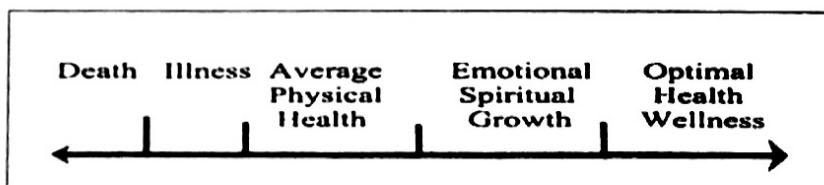
7 Dimensions of Health

Dimension Category	Description/Definition	Example in real life

Definitions:

- ♥ Health: *combination of physical, mental/emotional, and social wellness*
- ♥ Wellness:
- ♥ Chronic Disease:
- ♥ Peers:
- ♥ Risk Behaviors:
- ♥ Cumulative Risks:
- ♥ Prevention:
- ♥ Health Literacy:

The Health Continuum



Influential INTERNAL factors

Factors	Definition/Description	Example from real life

Influential EXTERNAL Factors

Factors	Definition/Description	Example from real life

Please list the 7 different Lifestyle Factors that positively make a difference in a person's health.

❖

❖

❖

❖

❖

❖

❖

Please describe the Healthy People 2010 national plan.

What are the 5 key points a person can do to make health literate decisions?

✓

✓

✓

✓

✓

CDC stands for what? _____

What does the CDC do?

Definitions:

☞ Mental/Emotional Health:

☞ Self-Esteem:

☞ Competence:

☞ Personal Identity:

☞ Role Model:

☞ Constructive Criticism:

☞ Empathy:

☞ Defense Mechanisms:

Please NAME and DESCRIBE the 5 characteristics of mental/emotional health.

☐

☐

☐

☐

☐

Maslow's Hierarchy of Needs

Describe and explain each level

1.

2.

3.

4.

5.



Common Types of Emotions:

Emotion	Definition/Description	Example of emotion expression

Identify and explain the 7 different Defense Mechanisms.

Defense Mechanism	Definition/Description	Example of Use

DESCRIBE 3 ways to handle the 3 most common emotions.










☉ Handling Fear

☉ Dealing with Guilt

☉ Managing Anger

Unit 2: Relationships and Sex Education (Chapter 6, 7, 8, 24)

Definitions:

-  Relationship:
-  Friendship:
-  Citizenship:
-  Tolerance:
-  Prejudice:
-  Stereotype:
-  Peer Pressure:
-  Bullying:
-  Sexually Transmitted Disease:

LIST & DESCRIBE the 4 traits of a healthy relationship.



LIST & DESCRIBE the 3 C's for Building Relationships.



What is hazing? Give 2 examples that show hazing.

What is abuse? Describe 3 different acts of violence that are considered to be abuse.

Identify 5 different ways people can either be the bully, or be a victim of bullying.

Identify 3 different ways people can either be the bully, or be a victim of bullying.		
Types of Bullying	Definition/Description	Example of this type

Identify the different STD's, Bacteria/Virus/Parasite, Treatment, and symptoms of the disease.

[illegible]

Unit 3: Nutrition and Weight Management (Chapters 10 & 11)

Definitions:

- ☺ Nutrition:
- ☺ Nutrients:
- ☺ Calorie:
- ☺ Hunger:
- ☺ Appetite:
- ☺ Carbohydrates:
- ☺ Fiber:
- ☺ Proteins:
- ☺ Cholesterol:
- ☺ Vitamins:
- ☺ Minerals:
- ☺ Osteoporosis:
- ☺ Nutrient-Dense:
- ☺ Foodborne Illness:
- ☺ Pasteurization:
- ☺ Cross-Contamination:
- ☺ Food Allergy:
- ☺ Food Intolerance:

What does RDA stand for?

Identify and explain the Environmental influences of food choices when eating.

Influences	Definition/Description	Example from life

My Food Pyramid: Identify the categories, 3 specific foods in each category, and the recommended serving size.

Categories	3 Food Examples	Recommended Serving Size

Identify the 6 Main Nutrients of the body, the role they play, and 3 food items that contain each nutrient.

Nutrients	Role played in body	3 Food Examples

What are the 3 nutrients that calories are found in?

Describe what a Simple Carbohydrate is.

What is the body's chief fuel for energy?

Describe what a Complex Carbohydrate is.

What is fiber?

What does it do for our bodies?

Describe what the 2 types of proteins are AND give 2 food examples of each.

1.

Examples:

2.

Examples:

What are the 3 different types of fats?

1.

2.

3.

In terms of Calories, how many calories/gram are in each of the following?

1. Carbohydrates: _____

2. Fats: _____

3. Proteins: _____

For each food item, label the Nutrient that belongs to it most.

Chicken:

Chocolate:

Potatoes:

Salmon:

Vegetable Oil:

Dinner Rolls:

Eggs:

What are Water-Soluble Vitamins described as?

Name each vitamin, description of what it does for the body, and examples of food that contain the vitamins.

Water-Soluble Vitamins	Description/Role in body	Food Examples

What are Fat-Soluble Vitamins described as?

Name each vitamin, description of what it does for the body, and examples of food that contain the vitamins.

Fat-Soluble Vitamins	Description/Role in body	Food Examples

Identify the different Eating Disorders, Definition/Description and what symptoms occur in people who have them.

Eating Disorders	Definition/Description	Signs & Symptoms

What are Eating Disorders classified as?

Describe what a Fat Diet is AND give 2 Examples.

Describe Weight Cycling:

When preparing, cooking, and storing after a meal, what are 4 things a person should always do and describe each step.

- 1.
- 2.
- 3.
- 4.

Describe what herbal supplements are:

Unit 4: Tobacco & Alcohol (Chapter 20 & 21)

Definitions:

- ◆ Nicotine:
- ◆ Tar:
- ◆ Addictive Drug:
- ◆ Leukoplakia:
- ◆ Mainstream Smoke:
- ◆ Sidestream Smoke:
- ◆ Carcinogen:
- ◆ Alcohol Poisoning:
- ◆ Binge Drinking:
- ◆ Delirium Tremens:
- ◆ Co-Dependents:
- ◆ Alcoholism:
- ◆ Cirrhosis:
- ◆ Fatty Liver:
- ◆ Emphysema:
- ◆ Oxidation:

Name AND explain the 3 main chemicals in tobacco:

- 1.
- 2.
- 3.

What is carbon monoxide? How does it affect your body once it is inside you?

How can smoking affect a pregnancy?

Identify the different types of tobacco products, definition/description of each, and how it is received by your body

Tobacco Products	Definition/Description	Received by body

What does ETS stand for?

How does tobacco smoke affect Non-Smokers?

What has Illinois done to alleviate the impact of smoke on non-smokers?

Describe some different effective strategies to quit smoking:

- 1.
- 2.
- 3.
- 4.

What is withdrawal? How does a person feel going through it with tobacco and alcohol?

What type of alcohol is in alcoholic beverages?

At what rate does the body metabolize alcohol?

In Illinois, what is the LEGAL age to drink and LEGAL amount of alcohol to have in your system to drive?

Describe what fermentation is in the process of making alcohol.

FAS stands for? What affects happen to people who have this disorder?

What is a single serving of alcohol defined as?

____ oz. Beer = ____ oz. Wine = ____ oz. Hard Liquor

Identify the 3 stages of Alcoholism AND what happens at each stage.

1. -
2. -
3. -

Identify the Drug Categories, what each category does to the body, and 3 specific drugs in each category.

Drug Categories	What it does to the body	3 Specific Drugs
Steroids		

What is a look-a-like Drug?

What are the 5 different ways a drug can enter the body?

- 1.
- 2.
- 3.
- 4.
- 5.

What is a designer drug?

What is a gateway drug?

BE SURE TO STUDY YOUR HANDOUT OF ALL THE DRUGS IN EACH CATEGORY, AND THE STREET NAMES