

1. Addictive Drug	a substance that causes physiological or psychological dependence	24. Fiber	A tough, complex, carbohydrate that the body cannot Digest
2. Alcohol Poisoning	a severe and potentially fatal physical reaction to an alcohol overdose	25. Food Allergy	A condition in which the body's immune system reacts to substances in some foods
3. Alcoholism	A disease in which a person has a physical or psychological dependence on drinks that contain alcohol	26. Food Intolerance	A negative reaction to food that doesn't involve the immune system
4. Appetite	Physiological Desire for food	27. Food-Borne Illness	Food Poisoning
5. Binge Drinking	Drinking 5 or more alcoholic drinks in one sitting	28. Friendship	a significant, a significant relationship between two people that is based on caring, trust, and consideration
6. Bullying	Deliberately harming or threatening another person who cannot defend himself/herself	29. Health	Combination of Physical, Mental/Emotional, and Social Well-Being
7. Calorie	A unit of heat used to measure the energy your body uses and the energy it receives from food	30. Health Literacy	a person's capacity to learn about and understand basic health information and services and to use these resources to promote one's health and wellness
8. Carbohydrates	Starches and sugars found in foods which provide your body's main source of energy	31. Hunger	the natural physical drive to eat, prompted by the body's need for food
9. Carcinogen	A cancer-causing substance	32. Leukoplakia	Thickened, white, leathery-looking spots on the inside of the mouth that can develop into oral cancer
10. Cholesterol	A waxy, fatlike substance	33. Mainstream Smoke	The smoke exhaled from the lungs of a smoker
11. Chronic Disease	An ongoing Condition/Illness	34. Mental/Emotional Health	The ability to accept yourself and others, express and manage emotions, and deal with the demands and challenges you meet in your life
12. Cirrhosis	Scarring of the muscle tissue	35. Minerals	Elements found in food that are used by the body
13. Citizenship	The way you conduct yourself as a member of a community	36. Nicotine	Addictive drug in tobacco
14. Co-Dependents	Significant other involved where the substance abuser and the controlling and helping behavior associated with this family member or friend.	37. Nutrient-Dense	High ratio of nutrients to calories
15. Competence	Having enough skills to do something	38. Nutrients	Substances in food that your body needs to grow, repair itself, and to supply itself with energy
16. Constructive Criticism	Non-hostile comments that point out problems and encourage improvement	39. Nutrition	The process by which your body takes in and uses food
17. Cross-Contamination	The spreading of pathogens from one food to another	40. Osteoporosis	A condition in which the body's bones become fragile and break easily.
18. Cumulative Risks	Related Risks that increase in effect with each added risk	41. Pasteurization	Treating a substance with heat to kill or slow the growth of pathogens
19. Defense Mechanisms	Mental processes that protect individuals from strong or stressful emotions and situations	42. Peer Pressure	The influence that people your age may have on you
20. Delirium Tremens	"The Shakes"	43. Peers	People of same age group who share similar interests
21. Empathy	ability to imagine and understand how someone else feels		
22. Emphysema	A disease that progressively destroys the walls of the alveoli		
23. Fatty Liver	A condition in which fats build up in the liver and cannot be broken down		

44.	Personal Identity	the sense of yourself as a unique individual
45.	Prejudice	An unfair opinion or judgement of a particular group of people
46.	Prevention	Taking Steps to keep something from happening
47.	Proteins	Nutrients the body uses to build and maintain its cells and tissues
48.	Relationship	A bond or connection you have with other people
49.	Risk Behaviors	Actions that can potentially threaten your health or the health of others
50.	Role Model	Someone whose success or behavior serves as an example for you
51.	Self-Esteem	How much you value, respect, and feel confident about yourself
52.	Sidestream Smoke	The smoke from the burning end of a cigarette, pipe, or cigar
53.	STD	Infectious Diseases spread from person to person through sexual contact
54.	Stereotype	Exaggerated or oversimplified beliefs about people who belong to a certain group
55.	Tar	A thick, Sticky, dark fluid produced when tobacco burns
56.	Tolerance	Acceptance
57.	Vitamins	Compounds Found in food that help regulate many body processes
58.	Wellness	Total Health