CHAPTER 11

HEALTH AND SAFETY

TEXTBOOK QUESTIONS

P2 - Eat Right

1. If I could buy anything at the grocery store, I would buy all my favorite fruits, ice cream, and ingredients to make pizza and wings.

2. Depending on what is in the food will determine how you feel like eating a heavy protein and carb loaded dinner would make you feel heavier and fuller while sugar would make you hyper and then crash, and

P4 - What Would You Do

?? I would not sign the petition because I prefer the new food options and would try to explain to my friend that the healthy options are much more beneficial.

P7 - 11-1 Assessment

4. I should eat around 2,800 calories

6. Childhood obesity is such a large problem because it will cause extreme health risks for the person during childhood and later in their life as well as leading to unhealthy habits that will also add massive health concerns

8. You should not try to look like a model or celebrity because they are unrealistic ideals and standards for people and trying to become them would be unhealthy for the person from trying to reach these unrealistic standards.

P9 - What Would You Do

?? I would go work out because everyone needs a break from work, working out would help get my blood flowing, boost my mood and it would help the tense and sore muscles that I have to relax and work out.

P12 - 1-2 Assessment

1. An example of this could be getting a new job and then worrying about what I am to wear the first day or how I should interact with my coworkers or how I will fit in with the workplace.

2. No, people do not respond the same way to stress.

3. Three things that will help immensely is to eat well, get a lot of rest, and work out at an enjoyable pace.

4. Three things are helps ensure proper growth of the body, muscle tissue and bones, it reduces stress, and it improves the immune system so it can fight off bacteria and viruses better.

5. Flexibility (stretching the connective joints to allow your body to move in a large range of motion), Strength (Increasing the power of the main muscle groups in your body by lifting weights), and Endurance (Increases the body’s ability to take in oxygen and lengthen how long one can work before being tired) are all the basic types of exercises.

6. Sitting and not moving all day, not getting enough sleep or not enough good sleep, not drinking enough water, and not eating healthy foods to eat unhealthy foods.

P13 - What Would You Do

?? I’d quickly walk back to the door and check to make sure that it is locked and then go home to watch the game that’s on.

P16 - Safety Warnings

1. It's important to always read safety warnings on products you use at work, so you don't get hurt while on the job.

2. Both my boss and I would be responsible if a coworker was harmed from me not reading a safety warning at work.

P19 - 11-3 Assessment

1. Motor Vehicle Accidents are the leading cause of death among teenagers and young adults.

2. Poisoning is the leading cause of accidental death in the United States and most accidents occur the home.

3. If you clean your floor there's less to trip on, if you put away candles and other flammable things from flammable objects then less things will catch on fire, Put away prescription medicines as well as household chemicals and cleaning supplies.

4.The most important thing you can do in the job regarding safety is too perform as trained.

5. The main major causes of accidents in recreational activities are inexperience overconfidence and fatigue.

6. The two major factors that have been responsible for the decrease in motor vehicle fatalities are seatbelts and airbags.

7. the two major Causes of traffic accidents are speeding and Being under the influence of alcohol.

8. If I see water on the road or it is raining, I should adjust my speed to be slower and safer.

9. The first aid equipment that I should consider keeping in my backpack or car are gloves gauze bandaids bandages and something to clean the wound

P24 - Corporate Fitness

1. This suggests that the relationship between mind and body is one and that you can't have a good body without a good mindset and a good mindset without a healthy body.

2. Some other preventative health care programs that a company might adopt are Zumba, jazzercise, meditation, and yoga programs to help keep their employees healthy and of sound mind.

P28 - Think Critically

27.This might be true because of the immense amount of fast food that Americans consume on a daily basis rather than eating healthy foods that would benefit the body Then being considered as undernourished because they don't get the nutrients that they need.

28. Some possible causes of these disorders are the unrealistic standards that society has for people and their bodies as well as the amount of Disgusting food that might cause some people to fear putting on fat. We Live in a society.

31. A good diet would benefit physical exercise because it would allow the person to work more efficiently and use the energy and nutrients that they got from the good diet.