

## Health Benchmark 2--Study Guide

You need to study your notes and worksheets over the following topics. There are also Quizlet reviews on my website for each topic. For additional information you can access the Health book online with the access code and link on my website.

1. Introduction to Health Vocabulary (Ch 1)
2. Decision Making Process and styles (Ch 2, lesson 2)
3. Mental Health and Stress (Ch 3 and 4)
4. Mental and Emotional Problems (Ch 5)
5. Alcohol and Drug Awareness Program (ADAP booklet)
6. Tobacco Use (Ch 20)
7. Illegal Drugs (Ch 22)
8. Nutrition (Ch 10)

Review questions:

1. List 3 tips to include more fruits and veggies in your diet.
2. List 2 drugs in each category and 2 effects of each drug: stimulant, depressant, hallucinogen, narcotic (opiate).
3. Compare and contrast the dangers of smoking and using smokeless tobacco.
4. What are the 6 essential nutrients? Give 2 examples of foods that contain each nutrient.
5. Explain the difference between these terms as they relate to drug use: tolerance, addiction, and withdrawal.
6. Compare and contrast the eating disorders anorexia and bulimia. List 3 characteristics of each disorder.
7. Explain the dangers of each of these in tobacco smoke: tar, carbon monoxide, nicotine.
8. What is emphysema and how does it affect a person's quality of life?
9. What are the two types of vitamins and examples of each?
10. Explain the dangers of the drug Rohypnol.
11. What is fiber and why is it important to our diet?
12. Describe the difference between hunger and appetite.
13. What is psychological dependence and physiological dependence? What is it called when you have both?
14. Describe the negative effects of steroid use on males and on females.
15. List and describe the 3 types of fat. Which is the healthiest?
16. Why is it important to include water in our diet? What are 3 tips for staying hydrated?
17. What is cholesterol and why is it needed in our bodies? What are some risks of excessive cholesterol in our diets?
18. What are the risks to a fetus of a mom who smokes while pregnant?
19. How does leukoplakia develop? What causes it and what can it lead to if left untreated?
20. What is a carcinogen? List 3 carcinogens found in tobacco.