

**Health 1st 9 weeks study guide****Modified True/False**

Indicate whether the statement is true or false. If false, change the identified word or phrase to make the statement

- F 1. The three main components of health are physical, mental/emotional, and spiritual. social
- T 2. Eating nutritious foods and getting enough physical activity are habits that most impact physical health.
- T 3. Having fun with friends most impacts your social health.
- T 4. Acquiring a(n) chronic disease moves an individual to a lower level of wellness.
- F 5. Your friends are a part of your physical environment.
- T 6. Your attitude can be described as optimistic or pessimistic.
- F 7. The Internet is one form of media. technology
- F 8. All health information available on the Internet is valid. some
- T 9. Heredity is an influence on health that you cannot control.
- T 10. Tobacco use is a(n) risk behavior.
- T 11. Having regular doctor's appointments is one way to practice prevention.
- F 12. Practicing abstinence usually leads to a(n) low level of wellness. High
- T 13. One of the leading risk behaviors of young people is getting inadequate physical activity.
- F 14. A high level of individual wellness has a negative impact on the community. positive
- T 15. The nation's health goals are revised every ten years.
- F 16. Health disparities are similarities in health outcomes between groups. differences
- T 17. Understanding health education empowers people to improve their quality of life.
- F 18. The last permanent teeth come in during young childhood. adulthood
- F 19. The neck is the visible portion of the tooth. Crown

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- F 20. A protective layer of plaque covers the crown of a tooth. ~~saliva~~ enamel
- T 21. A tooth is naturally protected from bacteria by saliva.
- T 22. When you avoid tobacco, you reduce your risk of lung cancer.
- F 23. Most people who stop using tobacco experience symptoms of nicotine substitution. withdrawal
- T 24. A(n) nicotine cessation program is a course that provides information and help to people who want to stop using tobacco.
- T 25. Another name for environmental tobacco smoke is secondhand smoke.
- F 26. Smoke from the burning end of a cigarette is called endstream smoke. side
- T 27. Young children are particularly sensitive to ETS.
- T 28. Some states have successfully sued tobacco companies to recover the costs of treating tobacco-related diseases.
- T 29. A person who has developed tolerance needs more of a drug to achieve the same effect.
- F 30. Drug abuse affects the individual by contributing to a rise in health care costs. community
- F 31. Marijuana smoke contains less cancer-causing chemicals than tobacco smoke. more
- T 32. Smoking marijuana may damage the immune system.
- F 33. Marijuana raises the level of a brain chemical called testosterone. dopamine
- F 34. Substances whose fumes are sniffed to give an effect are called steroids. inhalants
- T 35. Steroid use often results in depression, paranoia, and violent behavior.
- F 36. Any drug that alters brain activity is a(n) stimulant drug. phys active
- T 37. Rohypnol and GHB are both known as date-rape drugs.
- F 38. Cocaine and crack are both addictive hallucinogenic drugs. opiate
- F 39. Ecstasy, LSD, and PCP are all examples of opiate drugs. hallucinogenic
- T 40. Psychoactive drug use by teens can lead to addiction.



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### Multiple Choice

Identify the choice that best completes the statement or answers the question.

- D 41. Which of the following would have the least impact on physical health?
- a. making responsible choices
  - b. getting plenty of rest
  - c. taking part in regular physical activity
  - d. communicating well with others
- A 42. A positive outlook is a characteristic
- a. of individuals with good mental and emotional health.
  - b. of most individuals who make poor decisions about health.
  - c. that indicates good physical health.
  - d. that is not important to total health.
- A 43. Good total health can best be achieved by
- a. paying attention to all three sides of the health triangle.
  - b. focusing most of your time on physical health.
  - c. spending large amounts of time talking on the phone with friends.
  - d. worrying only about emotions and spiritual issues.
- D 44. The health continuum is used to show
- a. the three sides of total health.
  - b. strategies for improving mental health.
  - c. the symptoms of many common chronic diseases.
  - d. a complete range of health from loss of health to a high level of wellness.
- D 45. Which of the following behaviors would have a negative impact on an individual's total health?
- a. making responsible decisions
  - b. avoiding tobacco
  - c. taking responsibility for actions
  - d. showing disrespect to other students
- D 46. Functions of the skin include
- a. protecting the body from pathogens.
  - b. controlling internal body temperature.
  - c. sensing pressure, pain, heat, and cold.
  - d. all of the above.
- C 47. What is one way to keep the skin healthy?
- a. washing with strong soap several times a day
  - b. frequently touching the skin with the hands
  - c. choosing nonirritating skin-care products
  - d. avoiding foods that are rich in vitamin A

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- A 48. A skin problem that is caused by a virus is
- warts.
  - eczema.
  - ringworm.
  - athlete's foot.
- B 49. What can help control the spread of head lice?
- following a well-balanced eating plan
  - frequently vacuuming at home
  - using curling irons or hot combs
  - frequently wearing hats
- C 50. Which statement about the nails is false?
- Nails are made of dead cells containing keratin.
  - Nails protect and support the fingers and toes.
  - Keeping toenails long reduces the risk of nail infections.
  - Trimming toenails straight across helps prevent ingrown nails.
- B 51. The outermost layer of the eye is made up of the
- retina and iris.
  - sclera and cornea.
  - vitreous humor and optic nerve.
  - pupil and lens.
- C 52. Cells in the eye that allow us to see color are called
- choroid cells.
  - optic cells.
  - cones.
  - rods.
- A 53. Through which series of structures does light pass into the eye?
- cornea, pupil, lens
  - retina, iris, choroids
  - vitreous humor, pupil, sclera
  - lens, choroid, iris
- D 54. The eye problem called myopia may be caused by
- pathogens infecting the eye.
  - damage to the retina.
  - high pressure in the eye.
  - misshapen corneas.
- A 55. When sound waves enter the ear, they cause the eardrum to
- vibrate.
  - stimulate receptor cells.
  - send messages to the brain.
  - interpret sounds.

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- B 56. A substance that causes physiological or psychological dependence is called a(n)  
a. toxic drug.  
b. addictive drug.  
c. prescription drug.  
d. over-the-counter drug.
- A 57. What is a colorless, odorless, and poisonous gas found in cigarette smoke?  
a. carbon monoxide  
b. nitrogen oxide  
c. carbon dioxide  
d. magnesium oxide
- C 58. Which is NOT a short-term effect of tobacco use?  
a. The body craves more of the drug nicotine.  
b. Breathing during physical activity becomes more difficult.  
c. The tobacco user begins to crave food.  
d. Users have yellowed teeth and smelly hair.
- C 59. Which is NOT a long-term effect of tobacco use?  
a. stroke  
b. emphysema  
c. decreased blood pressure  
d. hardened arteries
- D 60. Which is illegal in all states?  
a. smoking more than one pack of cigarettes a day  
b. loss of productive time due to tobacco-related illness  
c. exclusion of tobacco users from social gatherings  
d. selling tobacco products to persons under 18
- B 61. All of these factors contribute to reduced teen tobacco use except  
a. family values.  
b. low cost of tobacco.  
c. no smoking policies.  
d. positive peer pressure.
- D 62. Which is NOT a strategy for avoiding tobacco?  
a. Don't be afraid to say no.  
b. Surround yourself with positive influences.  
c. Reduce peer pressure.  
d. Visit places where tobacco is used.
- B 63. Which is NOT a reason why many teens decide to quit using tobacco?  
a. They realize the damaging effects of secondhand smoke.  
b. They cannot find the desire and commitment to stop.  
c. They begin to have respiratory infections.  
d. They find it difficult to purchase tobacco products.



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- C 64. What does a nicotine substitute do for someone who's trying to give up the tobacco habit?
- a. It delivers support and encouragement on the phone every day.
  - b. It provides a substitute for a doctor's prescription.
  - c. It delivers small amounts of nicotine into the user's system.
  - d. It exposes nicotine to a toxin that destroys the addictive substance.
- B 65. Which is NOT a strategy for someone who wants to quit tobacco?
- a. Access professional health services.
  - b. Maintain current daily behavior.
  - c. Prepare for the quit day
  - d. Engage in healthful behaviors
- B 66. Mainstream smoke is
- a. smoke from the burning end of a cigarette, pipe, or cigar.
  - b. smoke exhaled from the lungs of the smoker.
  - c. smoke from the burning of smokeless tobacco.
  - d. smoke exhaled from the nonsmoker.
- D 67. Which is NOT a way that a fetus is harmed when a pregnant woman smokes?
- ☒ a. Nicotine constricts blood vessels of the fetus.
  - ☒ b. Carbon monoxide reduces oxygen levels in the blood of the fetus.
  - c. The risk of impaired fetal growth increases.
  - d. ETS clogs the lungs of the developing fetus.
- B 68. Which is NOT a way to minimize the health effects of ETS?
- a. Politely request that a visitor not smoke in your home.
  - b. Suggest meeting in the home of a person who smokes.
  - c. Use air cleaners to remove some contaminants from the air.
  - d. Open windows to provide fresh air when someone smokes.
- C 69. According to the U.S. Surgeon General, what is the only way to protect people from the damaging health effects of ETS?
- a. Prohibit smokeless tobacco in the home.
  - b. Allow smoking in the home.
  - c. Prohibit smoking in public places.
  - d. Allow smoking public places.
- A 70. Which is NOT an effort that can be made to reduce health risks of tobacco?
- a. Moving cigarette vending machines to unsupervised areas.
  - b. Strictly enforcing laws that prohibit sale of tobacco to people under 18.
  - c. Banning smoking in restaurants and business offices.
  - d. Revoking licenses to sell tobacco from stores that sell tobacco to people under 18.
- D 71. What effects might a female marijuana user experience?
- a. higher testosterone levels
  - b. changed hormone levels
  - c. infertility
  - d. all of the above

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- A 72. Teens who smoke marijuana have
- a. increased risk of using cocaine.
  - b. more initiative and ambition.
  - c. improved short-term memory.
  - d. less chance of gaining weight.
- B 73. When people use marijuana they tend to
- a. have faster mental reflexes.
  - b. suffer from feelings of anxiety.
  - c. demonstrate better coordination.
  - d. experience clearer thinking.
- D 74. Which statement about inhalants is NOT true?
- a. A single use can lead to death.
  - ☒ b. All are extremely dangerous.
  - c. Using them can kill brain cells.
  - d. They are only harmful if you are trying to abuse them.
- C 75. Using anabolic-androgenic steroids can cause
- a. stronger ligaments.
  - b. higher sperm counts.
  - c. unnatural muscle growth.
  - d. decreased risk of cancer.
- B 76. What percentage of U.S. high school students have never tried marijuana?
- a. 10
  - b. 48
  - c. 62
  - d. 90
- D 77. Efforts by schools to reduce drug use may include
- a. drug education classes.
  - b. zero-tolerance policies.
  - c. expulsion of students who use drugs.
  - d. all of the above.
- A 78. Which of the following is NOT a healthy alternative to drug use?
- a. Avoid socializing with new people
  - b. get involved in sports activities
  - c. participate in community events
  - d. participate in school organizations
- A 79. What is a warning sign of drug use?
- a. avoiding talk about drugs
  - b. sleeping more than usual
  - ☒ c. participating in safe behaviors
  - ☒ d. caring more about personal appearance

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- D 80. Drug treatment centers where people live while being treated are called
- a. drug counseling centers.
  - b. outpatient treatment centers.
  - c. maintenance therapy centers.
  - d. therapeutic communities.

### Matching

*Use the vocabulary terms to fill in the blanks in the sentences.*

- |                |             |
|----------------|-------------|
| a. technology  | d. heredity |
| b. environment | e. culture  |
| c. media       | f. peers    |

- F 81. People of the same age who share similar interests are \_\_\_\_.
- D 82. \_\_\_\_ is all of the traits that are biologically passed from parents to children.
- B 83. Your \_\_\_\_ is the sum of your surroundings.
- C 84. The various methods of communicating information are \_\_\_\_.
- E 85. \_\_\_\_ is the collective beliefs, customs, and behaviors of a group.

*Match each term with the best definition..*

- a. taking steps to keep something from happening or getting worse
- b. related risks that increase in effect with each added risk
- c. personal habits or behaviors related to the way a person lives
- d. actions that can potentially threaten your health or the health of others
- e. avoiding harmful behaviors

- D 86. risk behaviors
- B 87. cumulative risks
- A 88. prevention
- E 89. abstinence
- C 90. lifestyle factors



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*Match the term with the best definition.*

- a. a drug that increases the action of the central nervous system
- b. a thick, sticky, dark fluid produced when tobacco burns
- c. thickened white, leathery-looking spots on the inside of the mouth that can develop into oral cancer
- d. the addictive drug found in tobacco leaves
- e. a cancer-causing substance

D 91. nicotine

A 92. stimulant

E 93. carcinogen

B 94. tar

C 95. leukoplakia

*Match each term with the best definition.*

- a. drugs that tend to slow the central nervous system
- b. drugs from the opium plant that can cause addiction
- c. synthetic drugs that are made to imitate other drugs
- d. drugs that alter moods, thoughts, and sense perceptions
- e. drugs that speed up the central nervous system

C 96. designer drugs

D 97. hallucinogens

A 98. depressants

E 99. stimulants

B 100. opiates