

## HEALTH FINAL STUDY SHEET

The following are all the terms/vocabulary and multiple choice answers that are on the test for you to choose from. They are here alphabetically, not in test order.

"I" messages      20%      25%      30%      35%      A healthful eating plan  
 A mother's breast milk      A positive body image      A tendency to purge after overeating  
 Abstinence      Accepting your mistakes      Active      Active listening  
 Addiction      Additive interaction      Advertising      Advocacy  
 aerobic exercise.      Age      Aggressive      Airborne transmission      Alcohol  
 Alcohol consumption enhances decision-making skills.  
 Alcohol consumption improves the reaction time.  
 Alcohol consumption increases self-control.      Alcohol consumption slows reflexes.  
 Alcohol poisoning      Alcoholic      Alcoholism      All of the above  
 an exercise session that has three stages.      Anabolic-androgenic steroids  
 Analgesics      Antibiotics      Antifungals      Antigens      Anxiety  
 Assertive      Attitude      Avoiding risk behaviors.      become obese.  
 Behavior      Being sexually active only with asymptomatic partners  
 Being sexually active with only one person      Binge drinking  
 Blood alcohol concentration      Body language      Boiling      Brain  
 Bread      Carbohydrates      Carbon Monoxide      Carcinogen      Caring  
 Carrying a weapon.      Casual contact      Choice      Choices  
 Cholesterol      Choosing to abstain from any sexual activity      Chronic Bronchitis  
 Citizenship      Codeine      Communication  
 Concern about your grades that motivates you to do better      Conflict resolution  
 Constant worry about a problem that makes you feel irritable      Constructive criticism  
 Dancing in an hour long ballet      Decision making      Demonstrate better coordination  
 Depressant      Drug      Drug overdose      Eating nutritious foods.  
 eggs      Endometriosis      Ephedra      Euphoria  
 excreted in the urine if not used by the body.      Experience clearer thinking  
 Facial deformities      Fetal alcohol syndrome      Fiber      fruit      gain weight.  
 gender      Genital Herpes      gentle cardiovascular activity that prepares your body to workout.  
 Getting plenty of rest.      Gonorrhea  
 Good overall health requires a balance requires a balance between all three sides.  
 grains      Gum Recession      Hallucinogen      Hallucinogens      Harmful eating habits  
 Have faster mental reflexes      Having a chronic disease.      Having a positive social environment.  
 Health      Health Fraud      Heart      height      Hepatitis B      Heredity      HIV  
 Honey      Hostility      If you work on social health, other areas will also improve.  
 Illegal Drugs      Immunity      Infection      Inhalants      Insect bites  
 Integrity      Intoxication      isokinetic exercise.  
 It's most important to work on physical health.      Jogging a mile on a track      Ketamine  
 Kidney problems      Lifting a 50lb. weight off the floor      Liver      lose weight.  
 Low Blood Pressure      low level activity that prepares your body to return to a rest.  
 Lung Cancer      maintain their weight.      Malpractice  
 measured in units of mass commonly called calories.      Meats      Medicine abuse  
 Medicines      Minerals      Morphine      Most STD's aren't serious  
 Most STD's disappear on their own      needed by teens for growth and activity.

Nicotine                      Nutrients                      Nutrition                      nuts  
 one of the nutrients needed by the body.                      Opiate                      Opiates  
 Pancreas                      Paranoia                      Parathyroid                      Passive                      Passive communication  
 Pasteurization                      Pathogen                      Physiological dependence  
 Physiological, Safety, Love/Belonging, Esteem, Self-Actualization  
 Pituitary                      Premenstrual syndrome                      Prescription medicines  
 Pressure of a deadline that causes you to work more efficiently  
 Prevention                      rate of growth                      Rehabilitation                      Resilient                      Responsibility  
 Restating what the speaker says                      rhythmic activity that uses large muscle groups.  
 Rohypnol                      Safety, Esteem, Love/Belonging, Physiological, Self-Actualization  
 Safety, Love/Belonging, Physiological, Esteem, Self-Actualization  
 Safety, Physiological, Esteem, Love/Belonging, Self-Actualization  
 Sedentary                      seeds                      Sexual contact                      Sexual intercourse                      Sharing needles  
 Side effects                      Social Environment                      Spirituality                      STD's often show no signs or symptoms  
 Stimulant                      Stimulants                      Stress Management                      Stress Relief  
 stretching exercise.                      Substance abuse                      Suffer from feelings of anxiety  
 Synergistic effect                      Syphilis                      Tar                      The date the information was written.  
 The female's body is immature.                      The purpose of the site.                      The quality of the site's graphics.  
 The source of the information.                      Their cervix has immature cells that are less protective.  
 Their ovaries aren't able to release mature eggs.                      There is no treatment or cure for most STD's  
 They are household products.                      They can alter your state of mind.  
 They can cause death, even the first time.                      They cause hallucinations.  
 They do not have enough information to protect themselves.                      Thyroid  
 To help keep you motivated to reach the goal.                      To help you stop the action when the time is right.  
 To keep others from misunderstanding your goal.                      To keep you away from bad behaviors.  
 Tobacco                      Toxic shock syndrome                      Toxin  
 Treating depression causes people to develop apathy  
 Treating depression includes constant supervision  
 Trichomoniasis                      Trickery                      Trying new activities  
 Untreated depression is likely to develop into schizophrenia  
 Untreated depression is the leading cause of suicide  
 Using a condom during sexual activity                      Using sunscreen.                      Vaccines  
 Vaginitis                      Values                      Video gaming                      Volunteering  
 Wearing a seatbelt.                      Weight bearing exercise                      Wellness  
 Working toward perfection                      You can work on only one side at a time.