**Final Study Guide**- Review and define all terms and main ideas below on a separate piece of paper for extra credit.

Air Pollution: 800

Precycling: 810

Environmental Protection Agency: 809

Structures of your Eye- Cornea, Retina, Sclera, Aqueous Humor: 367

Main functions of the skin: 357

Plaque: 364

Auditory Ossicles: 371

“I” messages: 35

Advertising techniques: 47

Advocacy: 39

Anorexia: 300

Bulimia: 301

Anxiety: 114

Chronic stress: 97

Depression : 115

Stress management techniques: 98-100

Stages of grief: 103

Self-actualization: 70&71

Warning signs of suicide: 124

Phobia: 119

Obsessive compulsive disorder: 119

Panic disorder: 119

Appetite: 255

Hunger: 255

Fad: 298

BMI: 291

Vegetarian: 304

Carbohydrates: 259

Protein: 260

Micronutrients: 262 & 264

MyPyramid & Myplate were created by?: 266

Eating disorders: 300-301

Chemical dependency = addict, drugs or alcohol; T.R.A.P. (define)

Nicotine

Selective listening

Self-fulfilling prophecy

Stereotype

Tolerance

Teenagers \_\_\_\_\_\_\_\_\_\_\_\_\_\_ drug use by peers

4 kinds of denial:

Family roles: mascot, enabler, lost child… (Define)

Assertive