**Health Midterm/Final Study Guide**

**Standard 2: Mental, Emotional, and Social Health**
1. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is an illness that affects the mind and reduced a person’s ability to function, to adjust to change, or to get along with others.

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is one of the most serious mental disorders that can be identified by severe disturbances in thinking, mood, awareness, and behavior. This mental disorder means “split mind” and is often confused with multiple personality disorder.

3. If a friend is thinking about suicide you should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. A person with low self-esteem \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5. Self-actualization is the process by which \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

6. The most effective way to stop bullying is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

7. An eating disorder marked by bingeing and purging is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

8. An eating disorder marked by not eating enough to maintain a healthy body weight is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

9. A person with depression \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is NOT an example of a mental health disorder.

**Standard 3: Nutrition**
11. According to the My Pyramid plan, pasta and breads belong to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is NOT required on food labels.

13. Complex carbohydrates are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (all of the above)

14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is high in protein.

15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is not used to determine the amounts you should consume from each food group in the My Pyramid plan.

16. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is NOT an essential nutrient.

17. True or False: Metabolism is the chemical process by which your body breaks down food. *This statement is* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

18. True or False: Calories are energy. *This statement is* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are the essential nutrient responsible for growing and repairing your body’s tissues.

20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is NOT an example of a non-energy essential nutrient.

**Standard 7: Substance Use and Abuse**
21. Alcohol is considered a depressant drug because it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

22. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ does not affect blood alcohol concentration.

23. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a group of birth defects caused by the effects of alcohol on an unborn child.

24. Drugs that speed up body functions are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

25. A psychoactive drug is a mood-altering drug that causes a pleasurable feeling that the user wishes to repeat. The use of psychoactive drugs can lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (all of the above)

26. Drug abuse is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

27. Taking an excessive amount of a drug that leads to coma or death is called an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

28. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is NOT a depressant.

29. True or False: LSD (Acid), PCP, and Psilocybin (Shrooms) are examples of hallucinogens. *This statement is* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

30. An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a chemical vapor that produces mind-altering effects. The high that this chemical creates is an indicator that the oxygen inhaled has been replaced by chemicals, and may lead to immediate heart attack or brain damage.

31. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is NOT a stimulant.

32. True or False: Ecstasy and Rohypnol (Roofies) are two common club drugs. *This statement is* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Standard 6: Sexuality and Family Life**
33. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the male sex hormone.

34. Male reproductive cells are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

35. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the female sex hormone.

36. The process by which one ovary releases one ripened egg each month is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This typically occurs 14-15 days from the start of your period.

37. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the organ that releases mature eggs.

38. The passageways that carry eggs away from the ovaries and towards the uterus is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

39. Prior to birth, the cervix \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

40. The area where sperm enter the body and a baby passes out of the body is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

41. The fluid-filled bag of thin tissue that holds the amniotic fluid and embryo/fetus is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

42. The attachment holding the embryo/fetus to the wall of the uterus is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This is how all things are transferred from mother to embryo/fetus.

43. The ropelike structure that develops between the embryo/fetus and the placenta is called the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This is also considered the embryo/fetus’ lifeline.

44. Pregnancy is divided into \_\_\_\_\_ trimesters.

45. An ectopic pregnancy is when the blastocyst implants in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Standard 1: Disease Prevention and Control**

46. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the most common viral STI that often comes without symptoms. Some strands may cause genital warts and, in more serious cases, cervical cancer in females.

47. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the most common bacterial STI that causes frequent, painful urination in males accompanied by a discharge from the penis and, if left untreated, pelvic inflammatory disease (PID) in females. A pregnant woman can pass this infection to her baby during birth. This STI can be cured through the use of antibiotics. Another STI that displays similar side effects and risks is gonorrhea.

48. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is a viral infection causing painful blisters on or around the genitals. It is not curable but can be managed with medication prescribed by a doctor.

49. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a bacterial STI that progresses through three stages causing chancre sores, flulike symptoms a non-itchy rash on the hands and feet, and side effects that could lead to brain damage if left untreated. It is important to catch this STI during the early stages as it can be treated and cured with antibiotics but allowing the infection to exist past the second stage may run the risk of permanent damage.

50. The most serious incurable STI is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This is an infection that can lead to AIDS which is a fatal disease of the immune system. IT attacks specific cells of the immune system, disabling the body’s defenses against illness.