**Health Midterm/Final Study Guide**

**Standard 2: Mental, Emotional, and Social Health**
1. A mental disorder 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. Schizophrenia 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 explain how concerned you are and make an adult aware of the situation.

4. A person with low self-esteem judges themselves harshly.

5. Self-actualization is the process by which people can reach their full potential.

6. The most effective way to stop bullying is to get help from an adult.

7. An eating disorder marked by bingeing and purging is bulimia.

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

9. A person with depression feels sad or hopeless for months.

10. Stress 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 grains group.

12. Price is NOT required on food labels.

13. Complex carbohydrates are composed of sugars and are linked together, found in grain products, and are good sources of energy. (all of the above)

14. Chicken is high in protein.

15. Sex (gender) is not used to determine the amounts you should consume from each food group in the My Pyramid plan.

16. Sodium is NOT an essential nutrient.

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

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

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

20. Carbohydrates 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 slows brain and body reactions.

22. Age does not affect blood alcohol concentration.

23. Fetal Alcohol Syndrome 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 stimulants.

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 addiction, tolerance, and dependence. (all of the above)

26. Drug abuse is intentional improper use of drugs for nonmedical purposes.

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

28. Methamphetamine is NOT a depressant.

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

30. An inhalant 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. Heroin is NOT a stimulant.

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

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

34. Male reproductive cells are called sperm.

35. Estrogen is the female sex hormone.

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

37. The ovary is the organ that releases mature eggs.

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

39. Prior to birth, the cervix thins/expands.

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

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

42. The attachment holding the embryo/fetus to the wall of the uterus is called the placenta. 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 umbilical cord. This is also considered the embryo/fetus’ lifeline.

44. Pregnancy is divided into 3 trimesters.

45. An ectopic pregnancy is when the blastocyst implants in the fallopian tube.

**Standard 1: Disease Prevention and Control**

46. Human Papilloma Virus (HPV) 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. Chlamydia 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. Genital herpes 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. Syphilis 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 HIV. 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.