**Review Packet for Final Exam**

You are responsible for knowing all the information in this packet. While you are not responsible for answering on paper the questions, you will be quizzed on each unit. Review your notes, my weebly (mary.mccarley.weebly.com), and the review games shared with you on your google drive to study for each quiz. You will have 5 minutes prior to the quiz to review with a partner.

**Review for Final Exam: Nutrition**

1. Draw a picture of the “plate” from choosemyplate.gov
2. What is the difference between refined and whole grains?
3. What are the benefits to consuming the milk group?
4. What are the benefits to consuming the protein group?
5. What are the benefits to consuming fruits and vegetables?
6. What are the two types of “bad” fat?
7. What is the “good” fat?
8. How many grams of trans fat should a person consume per day?
9. How many grams of saturated fat should a person consume per day?
10. A diet high in saturated fat and trans fat increases a person’s risk of what health conditions?
11. If Amy eats more calories than she burns on a regular basis, what will be the result?
12. What are the long term health consequences to eating a diet high in sodium/salt?
13. List 3 ways to reduce your risk of high blood pressure.
14. Shakira has begun to gain a lot of weight in her abdominal area. She eats a diet high in calories, simple grains, and sugar. As a result, her body cannot control her blood glucose (sugar) levels. What disease/condition is she at risk for?
15. List 2 ways to reduce your risk of Diabetes.
16. List 2 ways to reduce your risk of cancer.
17. What are 3 sources of protein for a vegetarian?
18. What are the potential health problems associated with obesity? List 5.
19. What is the benefit of folic acid during pregnancy?
20. What is the benefit to consuming Vitamin C?
21. What is anemia?
22. What is the benefit to eating a diet high in calcium and Vitamin D?
23. What type of food is important for an athlete to consume so s/he has enough energy in the game?
24. What does BMI (Body Mass Index) measure?
25. If a person eats the same number of calories than they burn on a regular basis, what will be the result?
26. Scott weighs 300 lbs and wants to lose weight on a healthy diet. How much weight loss should his goal be per week?
27. What are 8 ways to lose weight the healthy way?
28. What is anorexia?
29. What are the effects of anorexia?
30. What is bulimia?
31. What are the effects of bulimia?
32. What are 3 warning signs of a fad diet?

**Review Sheet for Final Exam: Tobacco, Alcohol and Illegal Drugs**

1. What form of tobacco looks like a small bag of tobacco that is placed between the upper gum and lip?
2. What form of tobacco looks like candy and is in the form of a stick, pellet or strip?
3. What form of tobacco is placed between the cheek and gum or teeth and chewing?
4. What form of tobacco is snorted in the nose?
5. What is the name of the water pipe used for smoking flavored or sweetened tobacco?
6. What is the name of the battery operated device that contains a cartridge filled with nicotine, flavors and other chemicals but *does not* contain tobacco?
7. What are the long term effects of tobacco use? List 4.
8. What are the possible effects to a baby if a mother smokes during her pregnancy? List 3.
9. Why is tobacco so addicting?
10. List 4 ways to resist nicotine.
11. What factors determine the effect alcohol has on an individual? List 5 factors
12. List 5 signs of alcohol poisoning?
13. What should you do if a friend has alcohol poisoning? List 3.
14. What is FAS?
15. What is binge drinking?
16. What highly addictive drug is a white powdery substance and causes the inability to sleep and rapid weight loss?
17. What drug is often smoked and causes redness in the eyes, inability to concentrate, and increased appetite?
18. What drug is often injected and causes an increase in muscle mass?
19. What drug is often swallowed and can be purchased legally? It is highly abused among teenagers and causes a reduction in pain.

**Review Sheet for Final Exam: Sex Education**

1. What are 4 qualities of a healthy relationship?
2. What are 4 qualities of an unhealthy relationship?
3. What are 4 consequences of early sexual behavior?
4. What are the 4 forms of abuse?
5. What are 3 ways of decreasing your risk of sexual assault?
6. At what age can a person legally have sexual intercourse in North Carolina?
7. Can a 16 year old legally have sex with an 18 year old?
8. Can a 16 year old legally have sex with a 25 year old?
9. Can an 18 year old legally have sex with a 40 year old?
10. Is it legal for a husband to force his wife to have sexual intercourse with him?
11. Is it legal for a married couple to have sexual intercourse in their backyard? They do not have a fence.
12. List three hormonal forms of contraception? What do these forms protect against?
13. What is the only form of contraception that protects against STDs and HIV?
14. What form of contraception is an injection of hormones every three months?
15. What form of contraception is taken orally every day?
16. What hormonal form of contraception is placed into the vagina and releases hormones for 3 weeks?
17. What hormonal form of contraception is placed on the skin for a week at a time for 3 weeks?
18. What hormonal form of contraception is effective for 3 years?
19. What form of contraception is effective against pregnancy and is effective for 5-10 years?
20. What form of contraception is taken after unprotected sex?
21. What are the four fluids that carry HIV?
22. What are four behaviors that transfer HIV?
23. What STD is a virus and appears as painful blisters on the sex organs or mouth?
24. What STD is a virus and appears as bumps on the sex organs or mouth?
25. What STD is a bacteria, can damage a person’s reproductive organs, and (in men) has the symptom of a white, watery drip from the penis?
26. What STD is a bacteria, can damage a person’s reproductive organs, and (in men) has the symptom of a greenish drip from the penis?
27. What STD has the following characteristics:
	* During the first stage, there is a painless sore or sores on the mouth or sex organs
	* During the second stage, there is often a rash and flu-like symptoms

 - If not cured, it can cause heart disease, brain damage, blindness and death

**Review Sheet for Final Exam: Mental and Emotional Health**

1. What are 4 signs of stress?
2. What are 3 positive coping strategies to deal with stress?
3. What are 2 causes of depression?
4. What are 4 symptoms of depression?
5. What are 3 strategies to deal with depression?
6. What is empathy?
7. How could you respond with empathy if a friend confesses that he is very sad over the death of his grandma?
8. What are 3 causes of mental disorders?
9. What mental disorder has the following two characteristics: stops going to social events, sweats and shakes when people look at them?
10. What mental disorder has the following two characteristics: terrifying flashbacks, avoids places that remind them of the scary event
11. What mental disorder has the following two characteristics: can’t breathe, feels like they are about to die
12. What mental disorder has the following two characteristics: always worried, aches and pains
13. What mental disorder has the following two characteristics: constantly checks doors and windows, obsessive thoughts
14. What mental disorder has the following two characteristics: serious shift in mood, feeling “high” and then very low and hopeless
15. What are the 3 types of treatment for mental disorders?
16. What are 3 self-help coping strategies to deal with feelings of anxiety?

**Review Sheet for Final Exam: What Would You Do?**

1. What are the first three steps to responding to an emergency?
2. What should you do if you are stabbed?
3. What should you do if you are being abducted in the Food Lion parking lot?
4. How should you do to survive an abduction if you are in a cabin in the middle of the woods?
5. What is a warning skin of skin cancer?
6. What should you do if someone is trying to take your purse and you are not in danger?
7. How should you care for a wound that is not life threatening?
8. What should you do if you suspect your friend has a neck injury?
9. What should you do if you cut your finger off?
10. What should you do if you are home alone and begin chocking on a hot dog?
11. What are three possible health consequences of tattoos?
12. What are three possible health consequences of body piercings?
13. What are three tips to a safe and effective exercise program?
14. What are three ways to prevent heat exhaustion?
15. What are three ways to respond to someone with heat exhaustion?
16. What are three ways to prevent heat stroke?
17. What are three ways to respond to someone with heat stroke?
18. What are three ways to prevent hypothermia?
19. What are three ways to respond to someone with hypothermia?
20. What are three benefits to good sleep?
21. What are three methods to good sleep?
22. What are three effects of dehydration?
23. What are three effects of good hydration?
24. What are three ways to reduce your risk of communicable diseases?
25. Along with primary prevention strategies, it is important to get health screenings (secondary control). What are two examples of secondary control?