

7th Grade Health Review

Vocabulary

wellness	heredity	endurance
stress	long term goal	aerobic exercise
physical health	short term goal	carbohydrates
mental health	communicable disease	protein
social health	non communicable disease	fiber
suicide	peer pressure	binge drinking
refusal skills	abuse	addiction
assertive	fitness	ala-non
passive	strength	stimulant
aggressive	nutrition	hallucinogen
fatigue	physical activity	inhalant
HIV	AIDS	opportunistic disease

Concepts

What are the three parts of the health triangle?

How many hours of sleep should a teen get every night?

What is the most important meal of the day? Why?

What are the 3 types of communication?

What happens to the body during the stress response? What is another name for this response?

Why is someone more susceptible to getting sick when they are under a lot of stress?

What is the number one way to reduce your chances of getting a food borne illness?

Name four life-threatening conditions.

What are 3 things you can do to reduce your chances of getting skin cancer?

How can you help a victim who is severely bleeding?

How can you help a victim who has sprained their ankle?

What should you do if a friend is texting you and after reading the texts you believe that your friend may hurt themselves?

What are some signs that someone is suffering from depression or is suicidal (name 3)?

What is serving size? Where can you find it?

What is the best way to stay in shape and lose weight (2 things)?

What are the 6 nutrients?

What type of foods should you eat before you compete in a sport?

What types of food should you eat after you compete in a sport?

What are some ways to stay safe on the internet (name 2)?

How long (minutes) a teen exercise to stay physically should fit? How many days per week?

How can one prevent sexually transmitted diseases?

What does HIV do once in the body?

How do opportunistic diseases work?