**Health Final Review**

**Mental Health**

Vocab Words: Values, Role Models, Decision Making Skills, Conflict Resolution, Stress Management Skills, Stress

1. The dynamic nature of our health means that:
2. What are the 3 stages in the stress response system:
3. Know what the different types of stressors are (biological, cognitive, environmental, life situation, personal behavior) and be able to give an example of each.
4. Personality- what is it, what are the two main influences on it?
5. What do you have the most control over?
6. Know the characteristics of the following mental illnesses: Schizophrenia, Bipolar, OCD, PTSD, Phobia, Conduct Disorder

**Nutrition**

Vocab Words: Calorie, Food Intolerance, Food Allergy, Food Poisoning, Vegan, Vegetarian

1. Why do men typically weigh more than women?
2. What is a healthy weight to lose per week?
3. Being overweight puts strain on what 3 things?
4. In terms of calories and exercise what causes weight gain/weight loss/obesity?
5. Know the following nutrients, give an example of each and their role in the body: complex carbs, fat, protein, minerals, vitamins.
6. Know the difference between unsaturated and saturated fat, give an example of each.
7. Food labels- how are ingredients listed, list 5 things found on a food label.

**Substance Abuse**

Vocab Words: Tar, Nicotine, Carbon Monoxide, Fetal Alcohol Syndrome, Medicine Misuse, Binge Drinking, Blood Alcohol Concentration

1. What health issues can happen when children/pregnant women are around cigarette smoke?
2. What type of drug is tobacco?
3. Which would have the most ethanol: 1 shot tequila, 1 bottle of beer, 1 glass wine?
4. Know the effects of these types of drugs and give 2 examples of each: Stimulant, Depressant, Hallucinogen, Narcotic

**Diseases/STDs/Pregnancy/Reproductive System**

Vocab Words: Placenta, Amniotic Sac, Umbilical Cord, Stroke, Heart Attack,

1. What should you do if you think you have an STD?
2. Know the characteristics of: AIDS, Diabetes Type 1, Diabetes Type 2, Hepatitis A,B,C, Pubic Lice, Trichomoniasis, Chlamydia, Syphilis, Gonorrhea, Herpes 1 and 2, Genital Warts
3. List 2 communicable and 2 noncommunicable diseases.
4. Know the female and male reproductive parts and their functions.
5. How can HIV be transmitted?