

1. Good health has nothing to do with freedoms and activities in our country.

True False

2. Losing good health will lead to a change in our daily lives.

True False

3. Good health is an inconvenience to our family.

True False

4. We run the risk of giving the disease to those who take care of us when we are sick.

True False

List the six (6) basic rules for good health:

5. Get plenty of rest each day

6. Get proper exercise

7. Eat a well-balanced diet

8. Keep the body clean

9. Drink sufficient water on a daily basis

10. Get plenty of fresh air

11. Teenagers can do well with less than seven (7) hours of rest.

True False

12. Exercise will strengthen the heart, cause a better supply of oxygen to the lungs, create a better appetite, and bring about better digestion.

True False

13. Scientists and physicians have always recognized the importance of cleanliness.

True False

14. A famous teaching hospital in Vienna had one (1) out of every six (6)

women in the maternity ward dying in the 1840's.

True False

15. Ignaz Semmelweis was the young doctor who suspected the high death rate was due to doctors not washing their hands before examining patients.

True False

16. When our skin does not look dirty we do not have germs there.

True False

17. Decay acids start forming inside of one (1) minute after eating.

True False

Describe how all tooth surfaces should be brushed:

18. The brushing direction is down on the upper teeth and up on the lower teeth.

19. There should be six (6) strokes in each place, on inside as well outside surfaces.

20. Brushing our teeth should not be followed by rinsing with water.

True False

21. Crooked or irregular teeth positions can be corrected by orthodontic treatment.

True False

22. A salt water gargle will usually help when we have a sore throat.

True False

23. Nearly ____ of all people have defective hearing.

- A. 5%
- B. 10%
- C. 15%
- D. 20%

24. Hair in the nose has no practical use.

True False

In the care of our eyes, list what we should do:

25. We should wash the outside of our eyes every day

26. We should not stick anything into the eyes

27. We should not look directly at the sun We should protect our eyes from blowing particles

28. We should see an eye doctor every two (2) years.

29. If we wear contact lenses, we should be careful to guard against the danger of corneal scratches or possible infection.

True False

What can repeated exposure to the sun or tanning beds result in?

30. Premature aging of the skin

31. Can also be a leading cause of skin cancer.

32. God gave laws concerning the prevention, detection, and treatment of diseases in the Old Testament.

True False

33. George Washington died because doctors failed to let his blood.

True False

Name the two (2) types or classifications of diseases:

34. Infectious diseases

35. Noninfectious diseases

36. Pathogens are everywhere except in the air we breathe.

True False

Name the five (5) types of organisms that cause infectious disease:

37. Protozoa

38. Fungi

39. Bacteria

40. Viruses

41. Parasitic worms

List the diseases protozoan are behind:

42. Malaria

43. African sickness

44. Amoebic dysentery

Name six (6) kinds of diseases caused by bacteria that are listed in the course.

45. Typhoid fever

46. Tuberculosis

47. Scarlet fever

48. Diphtheria

49. Tetanus

50. Whooping cough

List from the commentary the viral-caused diseases:

51. measles

52. mumps

53. chicken pox

54. common cold

55. influenza

56. rabies

57. poliomyelitis

58. yellow fever

59. smallpox

60. Incorrect amounts of hormones cause glandular diseases.

True False

61. Over secretion of the pituitary gland produces gigantism while an under

secretion produces dwarfism.
True False

62. Under secretion from the thyroid gland tends to produce an abnormal enlargement of the thyroid gland called goiter. True False

List the “deficiency diseases” from the commentary:

63. anemia

64. night blindness

65. beriberi

66. pellagra

67. scurvy

68. rickets

69. excessive bleeding.

70. God created man in a way that his body has many defenses against disease germs.
True False

71. Infrequent contact with pathogens is a reality.
True False

72. Tears, saliva, hydrochloric acid, and intestinal juices make up the body solutions in our body.
True False

73. White blood cells dissolve pathogens that get in our bloodstream.
True False

74. Antibodies are proteins that we have to take.
True False

75. Natural immunity will safeguard us from all diseases.
True False

List the diseases which children are typically immunized against:

76. diphtheria

77. tetanus

78. whooping cough

79. measles

80. mumps

81. polio

82. rubella.

83. Smallpox has been essentially eradicated except in third-world countries.
True False

List the diseases that children are immunized against but need boosters periodically:

84. measles

85. mumps

86. An influenza vaccine is recommended for adults who have chronic ailments, such as heart or respiratory diseases.
True False

Part I
HMWK II, chp. III-IV - KEY

Name five (5) factors in treatment of disease:

1. Prayer
2. Fasting
3. Medicine
4. Doctors
5. Surgery

6. We can and should always seek God's help through prayer in the times of illness.

True False

7. Fasting is the slowing down of taking food.

True False

8. When we have a chemical imbalance, we become ill.

True False

Name the classes of medicines:

9. Enzymes
10. Antibacterial / antibiotic
11. Steroids / painkillers
12. Tranquilizers
13. Herbs

Match the term with its understanding:

- C 14. Enzymes
A 15. Antibacterial and Antibiotic Drugs
E 16. Steroids and Painkillers
B 17. Tranquilizers
D 18. Herbs
- A. Destroys the ability of a bacteria to reproduce
 - B. Sedatives, relieving tension
 - C. Chemical compounds that has been split
 - D. Many are extracted from living things
 - E. Anti-inflammatory agents

19. Physicians but not doctors are trained to diagnose illnesses or injuries.

True False

20. Surgery is not a drastic treatment of disease.

True False

List what should be evaluated about a doctor we might visit:

21. manner and attitude
22. willing to take time to answer questions
23. thorough
24. willing to try to save us unnecessary expense
25. easily available
26. seem patient and understanding
27. a person we can talk to
28. fees high or reasonable

List the six (6) basic areas where safety needs to be practiced:

29. at home
30. in transportation
31. personal
32. for our children
33. at school
34. on the job.

35. Nearly _____ of all accidents happen in the home.

- A. One fourth
- B. One third
- C. One half
- D. All

36. Many people die unnecessarily from poisoning.

True False

37. To help avoid accidental poisoning, we should pour liquid medicine from the side of the label.

True False

38. It is not necessary to lock up all poisons.

True False

39. Hot food must remain hot and cold food must remain cold to prevent food poisoning.

True False

40. Most falls occur away from home.

True False

41. Chairs or step stools should be used to reach high places.

True False

42. For safety in the living room, be careful around a burner or open flame to not catch your clothes on fire.

True False

43. For safety in the kitchen, we should buy utensils that have insulated handles to prevent burning of the hands.

True False

44. There are no safety concerns about a fireplace.

True False

List from the commentary things we should be careful of in the bathroom?

45. Do not use any electrical appliance near water.

46. Mount grab bars in the tub.

47. Use non-slip mats to maintain footing in tubs and showers.

48. Babies or small child must not be left in the bathtub alone.

49. It is wise to not use any electrical appliance near water.

True False

50. Flammable substances should be stored away from heat, but not outside

of the house.

True False

Write out the four (4) precautions pedestrians should take:

51. Look both ways, two (2) times, before crossing the street.

52. Always use the marked crossing areas.

53. If out at night, wear something light-colored and carry a flashlight.

54. Walk on the road facing oncoming traffic.

55. Drivers or occupants of a car should only observe traffic toward the left before driving into an intersection.

True False

56. Never hitchhike or pick up a hitchhiker.

True False

57. It is always good to open the door when someone knocks.

True False

58. For personal safety, strangers should not be allowed into our home to make a call.

True False

59. If a person tries to snatch our purse or wallet, fight them off with a sucker punch.

True False

60. Toys are designed for certain age groups.

True False

61. Electrical outlets are not a hazard to children.

True False

62. Schools are so safe to learn at that protective gear is not necessary when

playing sports.

True False

List the concerns about on the job safety:

63. Equipment guidelines are to be followed.

64. Do not get in a rush.

65. Protective gear is to be worn when appropriate.

66. Pay attention to what we are doing.

1. Physical fitness involves nothing more than levels of muscular strength and endurance.

True False

2. Teenagers who are not involved in sports are yet automatically physically fit because of their age.

True False

3. Bruce Jenner, an Olympic gold medalist, coauthored a one hundred ninety (190) page fitness guide for senior adults.

True False

List what physical fitness can do for us:

4. Helps prevent illness

5. Increases overall well-being

6. Improves cardiovascular strength

7. Aids in weight control

8. Supplies energy

9. Increases flexibility

10. Improves posture

11. Gives emotional poise

12. We never lack one part of physical fitness when we have the other.

True False

C 13. Strength, Endurance, and Energy.

B 14. Skill, Agility, and Flexibility

A 15. Good Muscle Tone and Posture

D 16. Weight Control

E 17. Prevention of Disease

A. Causes our body to fall into line

B. More than just the joint and muscles moving

C. New energy for a weary body

D. Diet and exercise required

E. Burn and reduce fatty substances in the blood

18. Hardening of the arteries is only due to deposits of cholesterol, a fatty substance, on the walls of those arteries.

True False

19. A reasonable amount of fatigue is not unusual.

True False

20. Exercises will never seem strenuous and demanding at first.

True False

21. Most exercise programs include _____ types of exercises.

A. Three

B. Four

C. Five

D. Six

Match the exercise with its effort or result:

B 22. Warm-up exercises

A 23. Cool-down exercises

A. Slow down heart and lung rates.

B. Bending and stretching, knee lifts, side bends, and arm circling.

Match the terms with the understanding:

Name five (5) other activities from the

course that satisfy the criteria of good exercise.

24. Tennis

25. Bowling

26. Swimming

27. Hiking

28. Skiing

(Volleyball, Handball, Horseback riding, Skating, Badminton)

29. We probably should never go through the entire range of exercises without stopping.

True False

30. A “rebounder” is a large trampoline, square in shape.

True False

List what the exercise “rebounding” can do for us:

31. Causes the lymphatic system to circulate properly

32. strengthens the vital organs

33. stimulates the cells of the body

34. increases the strength and fitness of the muscles

35. improves cardiovascular efficiency

36. "Aerobic" quite simply means:

A. “With water”

B. “With gas”

C. "with oxygen"

D. None of the above

Benefit from aerobic exercise include:

37. Lungs that process more air with less effort

38. Hearts that grow stronger pumping more blood with fewer strokes

39. Better blood supply to muscle

40. Total blood volume increase

41. Aerobic exercises seldom increase endurance capacity.

True False

42. Which of the following does jogging not do?

A. Improves general health

B. Makes our life shorter

C. Useful in losing weight

D. Can be a lifelong exercise

Concerning walking what do Doctors include it as?

43. Part of a program to prevent heart-related diseases

44. To rehabilitate those who have already had a heart problem

Name the four (4) types of walking programs:

45. Strolling

46. Normal walking

47. Aerobic walking

48. Long-distance walking

49. Aerobic walking is done with speed, duration, or effort.

True False

50. Who is known as the “father of American walking?”

Edward Payson Weston

What did the man in answer above do to earn that name?

51. He walked from Boston to Washington, D.C. in 1861 for the inauguration of Abraham Lincoln.

52. In 1913 he walked from New York city to Minneapolis in sixty (60) days

Part II

Hmwk II – Chp. III - KEY

1. What we eat is not what we are.

True False

2. Heredity plays no part in our weight situation.

True False

3. People are different, and so it is in overweight people.

True False

4. Almost _____ of all American households have at least one (1) member of that household on a diet.

__X__ A. 50%

_____ B. 60%

_____ C. 70%

_____ D. None of the above

5. Fully twenty percent (20%) of all high school graduates are underweight.

True False

6. A calorie is the amount of energy available from any certain food we might eat.

True False

7. Ten pounds of body fat is equal to three thousand six hundred (3,600) calories.

True False

8. Balancing our diet is simply controlling the number of calories we intake.

True False

Why are some foods not healthy?

9. They have a high calorie content but few nutrients.

10. These foods create high energy in our bodies, but are not really healthy because they are “empty calories.”

Name the basic food groups:

11. Milk

12. Meat

13. Vegetables and fruits

14. Grains

15. Fats and sweets

16. Which is not a factor in determining how many calories are in our meals?

_____ A. Kinds of food eaten

_____ B. Serving size

__X__ C. Size of can

_____ D. Cooking method

17. Food contains carbohydrates, protein, fats, vitamins, minerals, and water.

True False

Match the item with its calorie content : (answers may be used more than once)

__C__ 18. Carbohydrates

__B__ 19. Water

__A__ 20. Fats

__B__ 21. Vitamins

__B__ 22. Minerals

__C__ 23. Protein

A. Nine per gram

B. None per gram

C. Four per gram

24. Though different foods contain different calorie counts, we do not see a vast difference in second helpings calorie content.

True False

25. Meal time is the time to eat, not In-between meals.

True False

26. Eating raw vegetables will reduce our normal intake of calories.

True False

27. Beverages all have the same quantities of calories and nutrients.

True False

28. Peaches packed in water have more calories than peaches packed in syrup.

True False

29. All disease has a direct correlation to what has or has not entered the body.

True False

30. Nutrition relates to how our bodies assimilate food.

True False

31. Good nutrition has nothing to do with normal growth and development in children.

True False

32. Food is the source of health and well-being.

True False

33. The physical or chemical change in food in our bodies is called metabolism.

True False

Nutrients in food are:

34. Carbohydrates

35. Proteins

36. Fats

37. Vitamins

38. Minerals

39. Water

40. Vitamins create energy and build tissue.

True False

Match the food group with its contribution:

E 41. Milk group

C 42. Meat group

A 43. Fruits and vegetables

B 44. Breads and cereals group

D 45. Fats and sweets

A. High in vitamins A and C

B. B vitamins, protein, iron, and food energy

C. High quality protein, iron, niacin, and other B vitamins.

D. Energy producers

E. Contributor of calcium, protein, and riboflavin

46. Enzymes are actually chemicals which speed up or slow down the flow of energy and materials in bodies, according to the cell's needs.

True False

Match the term with an understanding:

D 47. Carbohydrates

A 48. Fructose

C 49. Blood sugar

B 50. Starch

A. Simple sugar found in peaches, apples, apricots

B. Other carbohydrate used by our body

C. Glucose form of sugar

D. Main fuel for our body

51. Eating a breakfast of high sugar content causes a very energetic feeling all day long.

True False

52. Pasta, noodles, breads, and cereals contain high quantities of starch.

True False

53. In the small intestine starches are completely broken down into sugars.

True False

54. Pectin raises the levels of cholesterol in the blood.

True False

55. Carbohydrates are the most abundant kind of organic matter found in nature.

True False

Name the three (3) types of carbohydrates:

56. Sugar

57. Starch

58. Cellulose

59. Fruit contains fructose and is often called "fruit sugar."

True False

60. Protein is always the second most plentiful substance in the body after water.

True False

61. Each cell which has received a quality supply of protein can function normally and maintain a constant state of good repair.

True False

62. When the intake of protein is adequate, the enzymes will not be formed in adequate quantities.

True False

63. There are ____ different amino acids that make up protein are known.

____ A. 18

____ B. 20

__X__ C. 22

____ D. 24

Name the eight (8) essential amino acids are:

64. Tryptophan

65. Lysine

66. Methionine

67. Phenylalanine

68. Threonine

69. Valine

70. Leucine

71. Isoleucine

72. Nuts, brewer's yeast, cottonseed, soybeans, and the germ of cereals contain incomplete proteins.

True False

73. Beans, peas, lentils, and flour or cereals with the germ removed lack some amino acids and are called complete.

True False

74. Fat is not good in the diet for any reason.

True False

Name the good things fat does in our bodies:

75. Energy source

76. Cushions vital organs

77. Insulation from cold weather

78. Carriers of vitamins A, D, E, and K.

79. Give more energy for chemical change than proteins of carbohydrates

80. Fats are basically of three (3) types

True False

81. Saturated fats are only in animal fats, egg yolks, and dairy products.

True False

82. Unsaturated fats will become a solid at room temperature.

True False

Match the vitamin with its role:

__E__ 83. Vitamin A

__D__ 84. All B vitamins

__F__ 85. Vitamin B1

- G 86. Vitamin B2
 A 87. Vitamin B6
 C 88. Vitamin B12
 B 89. Folic Acid
 H 90. Biotin
 I 91. Inositol
 J 92. Choline
 M 93. Pantothenic Acid
 O 94. Vitamin C
 K 95. Vitamin D
 L 96. Vitamin E
 N 97. Vitamin K
- A. Normal function of our brain
B. Severe anemia comes when there is a deficiency
C. Found basically in animal products.
D. Come basically from four (4) sources
E. Plays an important role in eye function
F. Thiamin G. Riboflavin,
H. Helps prevent the skin infection eczema
I. Found in liver, brewer's yeast, wheat germ, whole wheat bread, oatmeal, corn, and molasses.
J. Inositol and choline form part of the structure of lecithin
K. Sunshine vitamin
L. Used to treat muscular rheumatism and nutritional muscular dystrophy
M. Comes from animal hearts, kidneys, liver, brewer's yeast, bran, wheat germ, whole grain breads and cereal, and green vegetables
N. Agent in blood clotting
O. Three-fourths (3/4ths) of the United States population receive less than the minimum daily allowance
98. Cooked liver is an excellent source of vitamin A.
True False
99. What is important about the B vitamins working together?
One alone, or several together, increase the need for other B vitamins not

supplied.

100. Some C vitamins are some known as the “anti-stress” vitamins.

True False

101. Deficiently of vitamin B1 can cause tightness around the heart, a rapid heartbeat, and shortness of breath.

True False

102. Symptoms of vitamin K deficiency include a purplish tongue, perpendicular lines on the lips, a sensitivity to light, and bloodshot eyes.

True False

103. A severe deficiency of riboflavin has been shown to bring about perplexity, depression, suspicion, and hostility.

True False

104. A vital function of vitamin C is to form and maintain collagen.

True False

List where Vitamin B6 is found:

105. molasses

106. brewer's yeast

107. wheat bran and germ

108. liver

109. heart

110. kidneys.

111. Folic acid is required in the process of the division of body cells and without it there will be no healing or growth taking place, including the hair and fingernails.

List from the commentary the sources of choline:

112. kidneys

113. brain

114. egg yolk

115. liver

116. brewer's yeast

117. wheat germ

118. Extreme deficiencies of vitamin C can cause a skin disease called:

Scurvy

List two things from the commentary that Vitamin D does:

119. Helps the body absorb calcium and retain it

120. Aid in preventing tooth decay.

From the commentary, list what Vitamin E is vital for:

121. Prevents vitamin A and the essential unsaturated fatty acids from being destroyed in the body

122. Aids glandular function

123. Effectively prevents scarring from burns and skin wounds

124. Keeps blood clots from forming in the blood vessels

125. Helps prevent pulmonary embolisms and strokes

Name the two (2) types of minerals:

126. Major

127. Trace

128. What is the most abundant mineral in our bodies?

__X__ A. Calcium

_____ B. Phosphorus

_____ C. Magnesium

_____ D. Sulfur

129. Calcium is readily available in the bones of sardines and salmon.

True False

130. Phosphorus combines with calcium to form crystals on the bones.

True False

131. Magnesium has nothing to do with the nervous system.

True False

List what a person who is deficient in magnesium may become:

132. sensitive to noise

133. irritable

134. hyper-excitable

135. nervous

136. apprehensive

137. belligerent

138. Sulfur is available through chocolate, nuts, soybeans, seafood, and a host of cooked green leafy vegetables.

True False

139. Sulfur is a major mineral that helps proteins hold their certain shapes.

True False

140. Sodium, chlorine, and potassium do the unusual job of keeping our body fluids neutral.

True False

141. Sodium and potassium come in table salt.

True False

142. Sodium and potassium work together: a surplus of one causes the other mineral to be unusable.

Name five (5) of the trace minerals:

143. Cobalt

144. Copper

145. Zinc

146. Manganese

147. Chromium

(Iodine, _____ fluoride, _____ selenium, molybdenum, _____ nickel, silicon, tin, vanadium, and iron)

Match the trace mineral with its attribute:

- F 148. Cobalt
 A 149. Copper
 H 150. Zinc
 C 151. Manganese
 B 152. Chromium
 D 153. Iodine
 G 154. Fluoride
 L 155. Selenium and molybdenum
 I 156. Nickel
 J 157. Silicon
 K 158. Tin and vanadium
 E 159. Iron
- A. A part of the many enzyme systems
B. Helps prevent diabetes
C. Works to bring about normal reproductive functions
D. Helps control a cell's energy usage
E. Needed for good "brain power"
F. Can prevent severe anemia
G. Tooth decay fighter
H. Used in the making of the body's cells
I. Helps to maintain the health of our bodies tissues
J. Works in the strengthening of our bones with calcium
K. Necessary for a bodies proper growth
L. Function as part of several enzymes

160. We can live for several days without food, but only a very few days without water.

True False

161. No food products contain "fillers."

True False

162. Preservatives are added to bread but nothing else.

True False

163. There are products sold in stores that can contain mild drugs called stimulants.

True False

164. Raw fruits and vegetables are more nutritious than when they are cooked.

True False

165. All flour contains wheat germ.

True False

166. Whole wheat or whole grain bread is a poorer source of nutrition than the enriched bread.

True False

167. Brewer's yeast is the same as baking yeast.

True False

168. Rice polish is a natural fiber, found in natural, unprocessed brown rice.

True False

169. Seeds are the core of life, with great nutritional power.

True False

170. A seed poor in nutrition is the sunflower.

True False

171. Pumpkin and sesame seeds contain many nutrients.

True False

Part II
Homework III, chp. IV-V - KEY

1. The Word of God contains the proper spiritual diet for the human being.

True False

2. A “snack or two (2)” on Sundays is enough to keep us energized for daily spiritual battles.

True False

What plays a vital part in our good health?

3. Personal care

4. Safety

5. Physical fitness

6. Good nutrition

List there deceptive advertising messages used in luring young people and adults into the use of tobacco products in the commentary:

7. Smoking is cool

8. Causes a person who uses tobacco products to have fun

9. Causes them to lead an adventurous and glamorous life

List three of the experiences that may come to the majority of tobacco users besides a potential terrible death:

10. Coughing

11. Hoarseness

12. Sinusitis

(shortness of breath, loss of taste, nervousness, chest and stomach pain, loss of appetite, fatigue, and insomnia)

13. What statement did the ten scientists who spent more than a year researching the results of smoking tobacco say?

"Cigarette smoking is a health hazard of sufficient importance in the country to warrant appropriate remedial action."

14. Targets of smokeless tobacco should know that it poses definite health hazards, since it is:

Still tobacco, and it can cause cancer and gum diseases.

In the following statements, give the backup information:

15. Nicotine is a poison found in tobacco.

Two (2) drops of nicotine in its pure form (50 mg) will cause death in a person. Each cigarette that is smoked contains approximately one (1) mg. of nicotine.

16. Tar is condensed solid particles in smoke that affect the lungs.

When it cools, it forms a brown sticky mass, which contains chemicals which damage our delicate lung tissue, causing various diseases and/or cancer.

17. Carbon monoxide, a poison, is in cigarette smoke.

This is the same poisonous gas that comes from the combustion of fossil fuels used in automobile engines.

Carbon monoxide drives oxygen out of our red blood cells, making our heart work that much harder.

18. What are “lungs?”

Our lungs are breathing organs, drawing in air, filtering it, and separating the life-giving oxygen out for our body's use.

19. What happens to the respiratory system due to chemicals in tobacco smoke?

When a person inhales cigarette smoke, those hot gases actually attack the delicate tissues of the mouth, throat, breathing tubes, and lungs.

What has/can happen in the abnormal respiratory system due to smoking?

20. Emphysema reduces the elasticity of

the lungs.

21. Chronic bronchitis causes shortness of breath and severe coughing.

22. Lung cancer can be the result of smoking.

23. Heart disease comes because of smoking also.

24. The tissue that has been affected by emphysema is easily repaired or replaced.

True False

From autopsies performed on the lung tissue of smokers and nonsmokers, what did the doctors learn?

25. In a cigarette smoker there is actual cell changes occurring in the bronchial tissue.

26. One of these changes is the growth of abnormal cells, some of which can turn cancerous.

27. When does lung cancer affect the lymphatic system and other organs?
In its final stages, causing the spread of death.

28. How does nicotine affect the heart when a person already has coronary artery disease?
Nicotine causes a loss of blood flow.

29. In the questions above, what does the nicotine do to the arteries?
The coronary arteries which serve the heart with blood become narrow and rough.

List the possible symptoms of withdrawal for a smoker who receives a lessened quantity of nicotine than

normal:

30. headaches

31. fatigue

32. anxiety

33. depression

34. Alcohol is a drug of the depressant class. It simply relaxes the body, giving a false sense of happiness and tranquility.

List 2 things that alcohol consumption causes in the liver and how it does it:

35. Alcohol interferes with cell function in the liver, bringing about cirrhosis.

36. As the cells of the liver fill with fatty tissue and the liver becomes enlarged, the liver cells die and cannot be replaced.

(Due to the scar tissue that forms in place of the the dead cells, cirrhosis of the liver occurs, and that scar tissue blocks the flow of blood through the liver)

What changes in behavior can take place when alcohol is abused:

37. A false sense of relaxation

38. Impaired judgment and coordination

39. Aggression and abuse increase

40. A marked decline in mental ability and perception.

41. Since alcohol is a depressant, its usage only magnifies the desire to relieve tension and stress, escape loneliness, boost self-image, or remove fears.

42. Prescription drugs become harmful when they are misused or abused.

List the withdrawal symptoms possible when an addict stops taking the drugs:

- 43. Nervousness
- 44. Anxiety
- 45. Severe pains
- 46. Sweating
- 47. Running eyes and nose
- 48. Muscle twitching
- 49. Vomiting
- 50. Sleeplessness
- 51. At times even death

Narcotics fall into what categories?

- 52. Analgesics
- 53. Stimulants
- 54. Depressants
- 55. Hallucinogens
- 56. Anabolic steroids

57. Narcotic analgesics are like certain natural what?

Anti-pain compounds in the body

List the narcotic analgesics that are typically abused:

- 58. Morphine
- 59. Codeine
- 60. Heroin
- 61. Opium

62. How does morphine work?

By desensitizing the central nervous system.

The person who abuses codeine will experience

- 63. An unawareness of their surroundings
- 64. Mild intoxication
- 65. A strong tendency toward experimentation with other drugs

66. While heroin produces an intense euphoria in the addict, it poses special dangers to the addict.

67. Opium is a pain reliever, slowing the respiratory system and gastrointestinal tract and is very addictive.

68. Stimulant drug abuse will cause hyperactivity, increased heart rate, and general excitability.

List what amphetamines can produce in the abuser:

- 69. Feelings of confidence and power
- 70. Hallucinations
- 71. Excessive sweating
- 72. Abnormal heart beat
- 73. Brain damage
- 74. Increased blood pressure and pulse rate
- 75. Pupil dilation
- 76. An increase in energy
- 77. Loss of appetite

78. Cocaine abusers will appear to be euphoric and energetic from the stimulation.

Crack cocaine will cause what?

- 79. Dilation of the pupils
- 80. Restricting of the blood vessels
- 81. Increased blood pressure
- 82. Increased heart rate
- 83. Increased breathing rate
- 84. Increased body temperature

85. Depressants can cause memory loss, sluggishness, depression, deep sleep, and even death when a person overdoses.

Under the sedative category, list what barbiturates cause:

- 86. sleepiness

87. A loss of memory and physical coordination

88. Slurred speech

89. Quarrelsome disposition.

What is the great danger when hallucinogens alter a person's state of consciousness?

90. They can become so deluded that they may harm themselves or others.

91. Open their minds up to Satanic forces and influences.

92. The marijuana abuser will appear to be like what abuser?

Alcoholic

List the problems that can come about in the person who abuses marijuana:

93. Becoming parents of deformed babies

94. Genetic damage done in the abuser, and interference with their body's immune system

94. There can be development of female characteristics in men

95. Respiratory problems

96. Serious personality disturbances

97. Brain damage

98. When LSD is abused, it changes the levels of certain chemicals in the brain, causes damage to the genes, and birth defects in the addict's future children.

99. PCP is a hallucinogen, reported to cause mental disorders or death.

100. Anabolic steroids are obtained from the male hormone testosterone.

101. The Bible tells us accurately that though people are promised liberty, they are brought into bondage.

102. If there is no true happiness in a pill, an injection, a drink, or a smoke, where is it?

True happiness only comes about when we surrender to Christ and begin to have faith in God.

103. Our atmosphere was relatively pure until the nineteenth (19th) century when industrial advancements began to be made.

104. What has caused noise pollution to the ears of farmers in the last four decades?

The diesel powered tractor

105. Disease-causing organisms breed freely in water.

Land pollution, coming by misuse of the soil, happens because of what?

106. Poor farming techniques

107. Mineral excavation

108. Industrial waste dumping

109. Irresponsible disposal of urban wastes

110. Several pesticides that did their job well are now banned because of the hazards of the environment and to people.

111. Nuclear reactor cores contain radiation that is deadly to man and animals.

Part II Homework IV, chp. VI - Key

List the three most catastrophic

diseases we know today and what they are often the result of:

1. Cancer
2. Heart disease
3. Diabetes
4. Result of: Improper diet, poor health habits, stress, and our fast paced way of life.

5. While God designed our normal cells to only reproduce to replace cells that are dead or to repair worn or damaged tissues, what is the condition with cancerous cells?

The cancer cells grow continually and erratically, not following a structured order of reproduction.

Match the four classifications of cancer with what they affect:

- __C__ 6. Sarcoma
__D__ 7. Carcinome
__A__ 8. Leukemia
__B__ 9. Lymphoma

- A. an uncontrollable growth and development of white blood cells
B. the appearance of tumors in the lymphatic tissue
C. affects the muscle, bone, tissue, or blood vessels
D. comes about in cells that line the organs and skin cells

What are the three known carcinogenic categories?

10. chemicals
11. radiation
12. viruses

List the American Cancer Society checklist warning signs:
13. Change in bladder habits

14. A sore that does not heal
15. Unusual bleeding or discharge
16. Indigestion or difficulty in swallowing
17. Obvious change in a mole or wart
18. Nagging cough or hoarseness

List the four (4) accepted ways of treating cancer:

19. Surgical removal of the tumor
20. Radiation which destroys the cancerous cells
21. X rays, radium, and radio scopes
22. Chemotherapy

23. What is the leading cause of death in the U.S.A.
Heart diseases

24. Atherosclerosis is a form of arteriosclerosis.

25. Coronary heart disease is caused by restricted arteries in the heart.

26. In answer to #25, what is the basic cause?
Fatty deposits of cholesterol and other materials can accumulate and adhere to the inside of the coronary arteries and lessen the flow of blood to the heart muscles.

27. Stroke is simply a blood supply problem.

28. Fatty deposits in the arteries of the brain or neck may block the flow of blood to the brain.

List the signs of a stroke from the commentary;
29. Sudden, temporary weakness or

numbness of the limbs

30. Difficulty speaking

31. Vision impairment

32. Headaches

33. A personality change

Give the understanding of systolic and diastolic:

34. Systolic pressure: Measuring the blood pressure as the heart is pumping.

35. Diastolic pressure: Measuring the blood pressure as the heart is at rest.

List from the commentary steps to guard against heart disease.

36. Have regular checkups concerning blood pressure

37. Abstain from smoking.

38. Change the diet to foods low in saturated fats and cholesterol.

39. Control the weight.

40. Begin and continue regular exercise.

Name the two types of diabetes and their condition:

41. Name: Type one

42. Condition: Insulin dependent

43. Name: Type two

44. Condition: Non insulin dependent

45. How are STD's spread?

Sexually transmitted diseases are spread by germs passing from a person who has the particular disease, to another person through sexual contact.

The most common STD's are:

46. Gonorrhea

47. Syphilis

48. Genital herpes simplex virus type two

49. Type two genital herpes will cause painful sores on the genital area.

50. What would bring about the eradication of STD's?

If mankind would be obedient to God's Word concerning sexual contact and promiscuity, there would be an eradication of these diseases and their destructive effects.

51. AIDS is the acronym for what?
Aquired Immuno Deficiency

52. HIV virus enters the blood's T-cells lymphocytes and begins its multiplication process, bringing destruction to these health-promoting cells.

53. AIDS is an international epidemic.

54. How can AIDS be prevented?
Sexual abstinence and purity

List from the commentary the suggestions as to how to protect against the HIV virus.

55. Abstain from sex except with one's spouse

56. "Safe sex" is not necessarily safe

57. Do not use drugs

58. Make sure you know who you receive blood from

59. Be careful to not touch hidden needles in the trash

60. Since all donated blood is now tested for HIV, all blood transfusions are safe.

True False

61. Explain schizophrenia:

The word means the "splitting or separating of the mind," but that is not

describing a personality split. A schizophrenic person actually loses touch with reality, not being able to separate fact from fiction.

62. Explain neurosis:

It refers to emotional distress; emotional problems such as anxiety, fear, stress, and compulsive behavior. It has now been replaced with another term, "anxiety disorder."

Match the new counseling/therapy terms with their understanding:

__ B __ 63. Dysfunctional family

__ A __ 64. Disorder

__ C __ 65. Co-dependency

A. Refers to mental or emotional problems that need correction.

B. A person that does not function properly.

C. Relationship in which two people are dependent upon each other, but in an abnormal fashion.

List from the commentary the symptoms of co-dependency:

66. Low-self esteem

67. Walls or boundaries between the person and others

68. Neglect of needs

69. Having their happiness depend on the actions of others

70. Taking of responsibility for another's problems and needs.

List 5 of the "Twelve Steps of Alcoholic Anonymous":

71. Personal admission that they are powerless over alcohol, that their lives have become unmanageable.

72. They have come to believe that there is a Power greater than themselves Who can restore them to sanity.

73. They make a decision to turn their will and lives over to the care of God as

they understand Him.

74. They take a searching and fearless moral inventory of themselves.

75. They admit to God, themselves, and others the exact nature of their wrongs. (They agree that they are entirely ready to have God remove all these defects in their character; They then humbly ask God to remove their shortcomings; They make a list of all the persons they have harmed, and are now become willing to make amends to each of them; They chose to make direct amends to people they have hurt, wherever possible, except when that direct amends would injure themselves or another; They continue to take a personal inventory, promptly admitting wrong when they are wrong; They are to seek, through prayer and meditation, to improve their contact with God, as they understand Him. They are to pray for knowledge of His will for them, as well as for the power to carry that will out; They agree that having had a spiritual awakening, as the result of taking these steps, they will try to carry this message to other alcoholics, as well as to practice these principles in all their affairs.)

76. What is the fallacy in these "12 steps?"

When a person does not admit or acknowledge the one and true God, they are praying to one who cannot help them.

Mental disorders can be categorized into what 4 groups?

77. Anxiety disorders

78. Psychotic disorders

79. Affective disorders

80. Eating disorders

Name the 4 categories of anxiety disorders:

81. Phobias

82. Obsessive-compulsive

83. Stress

84. Grief

85. In the obsessive-compulsive disorder a person feels compelled and controlled by, actually obsessed by a habit or ritual that will become more extreme as time passes.

86. Most people who struggle with obsessive-compulsive disorder do realize that their behavior is not the norm.

87. Degrees of stress vary individually.
True False

88. Depression is when we are uncertain about the future, while anxiety is the preoccupation we have with our past experiences.
True False

List from the commentary the changes in habits or lifestyle that can bring stress:

89. Being debilitated due to paralysis

90. A personal injury

91. Health problems

92. A drastic change in finances downward

List the coping techniques suggested for stress:

93. Physical

94. Mental

95. Spiritual

96. Psychological

What are some powerful spiritual techniques for reducing stress?

97. Reading the Bible and praying

98. Memorizing Bible verses

99. Meditation of Bible verses

100. What is something that should not be done to relieve stress?

Make a large change

What are the 4 distinct stages people who grieve go through?

101. Denial/shock

102. Pain and mourning

103. Protectiveness

104. Healing and readjustment

105. A grieving person struggles with sorrow, anguish, and emptiness.

106. What is person who is grieving over the loss of a loved one likely to do in the third (3rd) stage?

They will try to keep the memory of that loved one alive, possibly by setting up things as a shrine in remembrance, or going continually to the cemetery to "visit them."

In the fourth stage of grieving, what is the person's feelings physically, emotionally, and socially?

107. **Physically:** Ready to go forward with life

108. **Emotionally:** Have resolved their grief and accepted the truth

109. **Socially:** Begin to reorganize their life, take interest in others, and step back into reality

110. Psychosis is:

Having a severely disorganized personality

What are the 7 specific characteristics people who are schizophrenic may have?

- 111. Delusions
- 112. Communication breakdowns
- 113. Hallucinations
- 114. Inconsistent emotions
- 115. Self-misconception
- 116. Relationship problems
- 117. Bizarre physical functions.

Match the areas of thought disorders with their understanding:

- __D__ 118. Thought control
 - __A__ 119. Thought elimination
 - __C__ 120. Thought interjection
 - __B__ 121. Thought dispersion
- A. Belief that someone is abolishing their thoughts
B. Certainty that another person is broadcasting their thoughts to the world.
C. Idea that another person is adding or inserting thoughts into their mind
D. Conviction that another person is controlling their thoughts

Schizophrenics tend to have hallucinations, such as:

- 122. Often hear a voice from a non-existent person
- 123. Smell something that no one else can smell
- 124. Feel a tingling or burning sensation
- 125. See things that do not exist

126. Schizophrenics often have a problem with self-perception.

127. Bizarre physical functions, evidence of schizophrenia, may cause their sanity to be questioned by those who notice these functions.

True False

Name the 2 category's of affective disorders:

- 128. Bipolar disorder

129. Depression disorder

List 5 of the manifestations of depression:

- 130. Lose their appetite
- 131. Appear lethargic
- 132. Sleep irregularly
- 133. Change appearance
- 134. Lose interest in any academic performance or activity (Episodes of crying, being angry, and feeling anxiety, despair, guilt, and irritability; hopelessness and helplessness; a negative view of themselves; believe they are failures; feeling totally defeated and rejected; tend to think of themselves as a coward; being inferior to everyone around themselves)

135. No one changes their eating habits to fulfill an emotional need.

True False

Match the eating disorder with the understanding:

- __B__ 136. Binge eaters
 - __A__ 137. Anorexia nervosa
 - __C__ 138. Bulimia
- A. resistance toward maintaining a steady body weight
B. consumes large amounts of food in a short period of time.
C. Incredible urges to binge.

139. Anorexics are actually stuffing themselves to death.

True False

140. Bulimia brings extremely serious medical effects.

141. Psychiatry is the field of study that deals with the diagnosis, treatment, and prevention of mental and emotional

disorders.

What are the three methods typically used in psychotherapy?

142. Psychoanalysis

143. Individualistic psychology

144. Behavior therapy

145. What is supposedly the third (3rd) part of the mind?

Superego

146. What is the second part of a personality according to Carl Rogers?

The self, a person's self-concept

147. B. F. Skinner said that stimuli from a person's environment causes no responses.

True False

148. Shock therapy is an extreme form of treatment for patients with mental problems.

149. Psychology is the so-called science that studies behavior and its relationships to emotions and environment.

List the types of psychology specializations:

150. Abnormal psychology

151. Clinical psychology

152. Cognitive psychology

153. Comparative psychology

154. Developmental psychology

155. Educational psychology

156. Experimental psychology

157. Industrial and vocational psychology

158. Social psychology

159. The discipline of experimental psychology works to discover the cause and effect of certain behavior.

160. Treatment, in the fields of psychiatry and psychology are seldom interrelated.

True False

161. Biblical counseling is not just another psychological technique.

162. What does the counselor seek to do in Biblical counseling?

The counselor, in this discipline, seeks God's guidance to solve problems.

Part II **Homework V, Chp. VIII-X - KEY**

1. The vast majority of illnesses or

accidents occur where?

At home

List ten of the items from the Basic supplies list in the commentary:

2. Adhesive tape
3. Aluminum finger splints
4. Antibiotic ointment
5. Antiseptic solution or towelettes
6. Bandages, including a roll of elastic wrap (Ace, Coban, others) and bandage strips (Band-Aid, Curad, others) in assorted sizes
7. Instant cold packs
8. Cotton balls and cotton-tipped swabs
9. Disposable latex or synthetic gloves
10. Gauze pads and roller gauze in assorted sizes
11. Eye goggles
(First-aid manual; Petroleum jelly or other lubricant; Plastic bags for the disposal of contaminated materials; Safety pins in assorted sizes; Save-A-Tooth storage device containing salt solution and a travel case; Scissors, tweezers and a needle; Soap or instant hand sanitizer; Sterile eyewash, such as a saline solution; Thermometer; Triangular bandage; Turkey baster or other bulb suction device for flushing out wounds

List 5 of the medications we should have at home for an emergency:

12. Activated charcoal
13. Anti-diarrhea medication
14. Over-the-counter oral antihistamine
15. Aspirin and non-aspirin pain relievers
16. Calamine lotion
(Hydrocortisone cream; Personal medications; If prescribed by your doctor, drugs to treat an allergic attack; Syringe; medicine cup or spoon)

17. Taking a temperature is a technical procedure.

True False

18. How many degrees does the healthy person normally have in oral temperature?

98.6 degree Fahrenheit

19. Taking a pulse never gives indication of potentially serious conditions.

True False

What is the normal heart rate?

20. **Adults:** Usually from sixty (60) up to one hundred (100) beats per minute

21. **Children:** Usually one hundred twenty (120) to one hundred forty (140) beats per minute

22. Taking a blood pressure reading is measuring the interior force on the arteries.

Normal blood pressure is around (from-to):

23. **Systolic:** 120 to 140

24. **Diastolic:** 80 to 90

25. Cold compresses increase the circulation of blood in swelled joints.

True False

Explain the process of removing a bandage with care:

26. Soak it in cold water to loosen the adhesive tape

27. Carefully remove it by slowly pulling in a lateral direction to the cut/wound

28. Earache pain can be reduced by acetaminophen, as well as with a warm compress.

29. In general, if the pain in the eyes is persistent, severe, or associated with decreased vision, seek medical attention.

30. It is wise to call the health care provider if there is pain in the eyes and the person has an immune-system deficiency.

True False

What 2 things should be remembered in any emergency situation?

31. Remain calm

32. Call 911

33. Animal bites must be treated for infection.

What is the most dangerous thing about animal bite infections?

34. Tetanus

35. Rabies

36. Why should a snake bite victim remain quiet and motionless?

The bloodstream circulation of the venom is what brings problems to the lungs and heart.

In controlling bleeding, what process should be done?

37. Lay the person down and apply direct pressure to the wounded area

38. Apply pressure evenly over the wounds entire area

List the level's of burns and their explanation:

39. **Level:** First-degree

40. **Explanation:** burns redden the skin and actually affect only the epidermis or top layer

41. **Level:** Second-degree

42. **Explanation:** burns will show the skin as red and blistered, with damage to both the epidermis and the dermis.

43. **Level:** Third-degree

44. **Explanation:** burns will permanently destroy all layers of the skin. These burned areas may be blackened as well as possibly ash white.

45. What is the first procedure when the burn is by chemicals?

Immediately place that burned area under running water for fifteen (15) minutes

46. Explain the "Heimlich maneuver."

Standing behind the choking person, wrap the arms around their waist. Making a fist with one hand, covering it with the other, and placing this against the person's abdomen, a quick upward thrust is made to force air out of their lungs, dislodging the object.

47. During a convulsion, what is the first thing to do?

The victim should be laid on the floor, and any hard objects removed from the vicinity.

48. What two things are to be considered when treating a diabetic person who is having a reaction?

It is necessary to determine whether the reaction being seen is a result of excessive amounts of insulin or a lack of enough insulin.

49. In a person having a diabetic reaction, too much sugar in the blood means what?

There is a lack of insulin in their body

50. If a rusty object has broken the skin's surface, what is the possibility?

Can carry disease or cause tetanus

51. Always move the position of a person's fractured bone to a comfortable place when they have had an accident.

True False

52. What can be used to splint a wrist or forearm?

A magazine or newspaper

53. Frostbite is less than a frozen state and rapid thawing is unnecessary.

True False

What may result when the human conditioning system does not work properly or is impeded?

54. Heat cramps

55. Heat exhaustion

56. Heatstroke

57. Heat prostration is a feeling of exhaustion, nausea, or weakness.

True False

58. When is an insect bite or sting very dangerous?

When a person is allergic to the venom

59. Mild sprains can be treated by keeping the sprain raised, using pillows, as well as a cold compress or ice pack will help to keep the swelling down.

List what may prompt asthma attacks from the commentary:

60. Dust

61. Pollen

62. Smoke

63. Medication

64. Food

65. Fatigue

66. Exertion

List 3 descriptions of the pain of a heart attack:

67. Pressure

68. Squeezing

69. Fullness or tightness under the breastbone

(Fullness in the upper part of the abdomen; pain in the arms, back, neck, and jaw)

70. Poisoning usually comes from household products.

List 5 poisons that if ingested we should not cause vomiting:

71. ammonia

72. bleach

73. detergents

74. drain cleaner

75. furniture polish

(kerosene, lighter fluid, lye, and any toilet bowl cleaner)

76. There are three "cure-alls" for poisons.

True False

77. Detergents are not poisonous to the human being.

True False

78. Stroke is seldom a serious condition.

True False

List three stroke symptoms:

79. Unconsciousness

80. Confusion

81. Clumsiness

(personality change, numbness, paralysis, memory loss, or weakness)

82. Unconsciousness is a defense mechanism.

True False

83. If we stop breathing, our heart stops immediately.

True False

Give the "ABCs" for the process of CPR:

84. Airway

85. Breathing

86. Circulation

87. Effective CPR requires that the victim be lying flat on their back.

88. If we feel a person needs CPR, what should we check?

The carotid arteries, located on each side of the neck

89. What should be done immediately if we do not find a pulse in an unconscious person?

Immediately start circulating the blood by artificial means, through chest compressions.

90. In CPR, The chest of an adult should be compressed at least two (2) to three (3) inches.

True False

91. How is the resuscitation procedure different between the infant and an adult?

Because of the smallness of an infant's face, the mouth-to-mouth resuscitation procedure is to cover both the mouth and the nose of the victim by our mouth.

1. Good health has nothing to do with freedoms and activities in our country.
True False

List 4 of the 6 basic rules for good health:

2. Get plenty of rest each day
3. Get proper exercise
4. Eat a well-balanced diet
5. Keep the body clean
(Drink sufficient water on a daily basis;
Get plenty of fresh air)

6. Scientists and physicians have always recognized the importance of cleanliness.

True False

7. Ignaz Semmelweis was the young doctor who suspected the high death rate was due to doctors not washing their hands before examining patients.

True False

Describe how all tooth surfaces should be brushed:

8. The brushing direction is down on the upper teeth and up on the lower teeth.
9. There should be six (6) strokes in each place, on inside as well outside surfaces.

10. A salt water gargle will usually help when we have a sore throat.

True False

11. Nearly ____ of all people have defective hearing.

- A. 5%
- B. 10%
- C. 15%
- D. 20%

12. If we wear contact lenses, we should be careful to guard against the danger of corneal scratches or possible infection.

True False

What can repeated exposure to the sun or tanning beds result in?

13. Premature aging of the skin
14. Can also be a leading cause of skin cancer.

Name the two (2) types or classifications of diseases:

15. Infectious diseases
16. Noninfectious diseases

Name 3 of the 5 types of organisms that cause infectious disease:

17. Protozoa
18. Fungi
19. Bacteria
(Viruses; Parasitic worms)

Name 3 of the 6 kinds of diseases caused by bacteria that are listed in the course.

20. Typhoid fever
21. Tuberculosis
22. Scarlet fever
(Diphtheria; Tetanus; Whooping cough)

List 5 of the viral-caused diseases that are listed in the commentary:

23. measles
24. mumps
25. chicken pox
26. common cold
27. influenza
(rabies; poliomyelitis; yellow fever; smallpox)

28. Incorrect amounts of hormones cause glandular diseases.

True False

List 3 of the “deficiency diseases” from the commentary:

29. anemia
30. night blindness
31. beriberi
(pellagra; scurvy; rickets; excessive

bleeding)

32. Tears, saliva, hydrochloric acid, and intestinal juices make up the body solutions in our body.

True False

33. Natural immunity will safeguard us from all diseases.

True False

List 4 of the diseases which children are typically immunized against:

35. diphtheria

36. tetanus

37. whooping cough

38. measles

(mumps; polio; rubella)

39. An influenza vaccine is recommended for adults who have chronic ailments, such as heart or respiratory diseases.

True False

Part I
Quiz 2, HMWK II - KEY

Name 3 of the 5 factors in treatment of disease:

1. Prayer

2. Fasting

3. Medicine

(Doctors; Surgery)

4. When we have a chemical imbalance, we become ill.

True False

Name 3 of the classes of medicines:

5. Enzymes

6. Antibacterial / antibiotic

7. Steroids / painkillers

(Tranquilizers; Herbs)

8. Physicians but not doctors are trained to diagnose illnesses or injuries.

True False

List 3 things that should be evaluated about a doctor we might visit:

9. manner and attitude

10. willing to take time to answer questions

11. thorough

(willing to try to save us unnecessary expense; easily available; seem patient and understanding; a person we can talk to; fees high or reasonable)

List 3 of the 6 basic areas where safety needs to be practiced:

12. at home

13. in transportation

14. personal

(for our children; at school; on the job)

15. Nearly _____ of all accidents happen in the home.

A. One fourth

B. One third

C. One half

16. It is not necessary to lock up all poisons.

True False

17. Chairs or step stools should be used

to reach high places.

True False

18. For safety in the living room, be careful around a burner or open flame to not catch your clothes on fire.

True False

List 2 of the things we should be careful of in the bathroom:

19. Do not use any electrical appliance near water.

20. Mount grab bars in the tub.

(Use non-slip mats to maintain footing in tubs and showers; Babies or small child must not be left in the bathtub alone)

21. It is wise to not use any electrical appliance near water.

True False

22. Drivers or occupants of a car should only observe traffic toward the left before driving into an intersection.

True False

23. For personal safety, strangers should not be allowed into our home to make a call.

True False

24. Electrical outlets are not a hazard to children.

True False

25. Schools are never so safe to learn at that protective gear is not necessary when playing sports.

True False

Part II- Physical Fitness

Quiz 1, Hmwk I - KEY

List 3 things that physical fitness can do for us:

1. Helps prevent illness

2. Increases overall well-being
3. Improves cardiovascular strength
(Aids in weight control; Supplies energy; Increases flexibility; Improves posture; Gives emotional poise)

Match the terms with the understanding:
__C__ 4. Strength, Endurance, and Energy.

__B__ 5. Skill, Agility, and Flexibility

__A__ 6. Good Muscle Tone and Posture

__D__ 7. Weight Control

__E__ 8. Prevention of Disease

- A. Causes our body to fall into line
B. More than just the joint and muscles moving
C. New energy for a weary body
D. Diet and exercise required
E. Burn and reduce fatty substances in the blood

9. Exercises will never seem strenuous and demanding at first.

True False

Match the exercise with its effort or result:

__B__ 10. Warm-up exercises

__A__ 11. Cool-down exercises

- A. Slow down heart and lung rates.
B. Bending and stretching, knee lifts, side bends, and arm circling.

12. A “rebounder” is a large trampoline, square in shape.

True False

List 3 things that the exercise “rebounding” can do for us:

13. Causes the lymphatic system to circulate properly

14. strengthens the vital organs

15. stimulates the cells of the body
(increases the strength and fitness of

the muscles; improves cardiovascular efficiency)

16. Aerobic exercises seldom increase endurance capacity.

True False

17. Aerobic walking is done with speed, duration, or effort.

True False

18. Who is known as the “father of American walking?”

Edward Payson Weston

In the question above, what did the man in the answer do first to earn that name?

19. He walked from Boston to Washington, D.C. in 1861 for the inauguration of Abraham Lincoln.

Part II

Quiz 2, Hmwk II - KEY

1. Almost _____ of all American households have at least one (1) member of that household on a diet.

- A. 50%
 B. 60%
 C. 70%
 D. None of the above

2. Ten pounds of body fat is equal to three thousand six hundred (3,600) calories.
True False

Why are some foods not healthy?

3. They have a high calorie content but few nutrients.
4. These foods create high energy in our bodies, but are not really healthy because they are “empty calories.”

Name 3 of the basic food groups:

5. Milk
6. Meat
7. Vegetables and fruits
(Grains; Fats and sweets)

Match the item with its calorie content :
(answers may be used more than once)

- C 8. Carbohydrates
B 9. Water
A 10. Fats
B 11. Vitamins
B 12. Minerals
C 13. Protein

- A. Nine per gram
B. None per gram
C. Four per gram

14. Though different foods contain different calorie counts, we do not see a vast difference in second helpings calorie content.
True False

15. Peaches packed in water have less calories than peaches packed in syrup.
True False

16. Good nutrition has nothing to do with normal growth and development in

children.
True False

Name 4 of the nutrients in food:

17. Carbohydrates
18. Proteins
19. Fats
20. Vitamins
(Minerals; Water)

21. Enzymes are actually chemicals which speed up or slow down the flow of energy and materials in bodies, according to the cell's needs.
True False

Match the term with an understanding:

- D 22. Carbohydrates
A 23. Fructose
C 24. Blood sugar
B 25. Starch
A. Simple sugar found in peaches, apples, apricots
B. Other carbohydrate used by our body
C. Glucose form of sugar
D. Main fuel for our body

26. In the small intestine starches are completely broken down into sugars.
True False

Name the three (3) types of carbohydrates:

27. Sugar
28. Starch
29. Cellulose

30. Protein is always the second most plentiful substance in the body after water.
True False

31. There are ____ different amino

acids that make up protein are known.

- _____ A. 18
_____ B. 20
 X C. 22
_____ D. 24

Name 4 of the 8 essential amino acids are:

32. Tryptophan

33. Lysine

34. Methionine

35. Phenylalanine

(Threonine; _____ Valine; _____ Leucine; Isoleucine)

36. Fat is not good in the diet for any reason.

True False

37. Fats are basically of three (3) types

True False

Match the vitamin with its role:

- D 38. Vitamin A
 C 39. All B vitamins
 E 40. Vitamin B1
 A 41. Vitamin B6
 B 42. Folic Acid
 F 43. Biotin
 G 44. Inositol
 I 45. Pantothenic Acid
 H 46. Vitamin E
 J 47. Vitamin K

- A. Normal function of our brain
B. Severe anemia comes when there is a deficiency
C. Come basically from four (4) sources
D. Plays an important role in eye function
E. Thiamin
F. Helps prevent the skin infection eczema
G. Found in liver, brewer's yeast, wheat germ, whole wheat bread, oatmeal, corn, and molasses.
H. Used to treat muscular rheumatism and nutritional muscular dystrophy
I. Comes from animal hearts, kidneys,

liver, brewer's yeast, bran, wheat germ, whole grain breads and cereal, and green vegetables

J. Agent in blood clotting

48. Some C vitamins are some known as the "anti-stress" vitamins.

True False

49. A severe deficiency of riboflavin has been shown to bring about perplexity, depression, suspicion, and hostility.

True False

50. Folic acid is required in the process of the division of body cells and without it there will be no healing or growth taking place, including the hair and fingernails.

List from the commentary 3 sources of choline:

51. kidneys

52. brain

53. egg yolk

(liver; brewer's yeast; wheat germ)

From the commentary, list 3 things Vitamin E is vital for:

54. Prevents vitamin A and the essential unsaturated fatty acids from being destroyed in the body

55. Aids glandular function

56. Effectively prevents scarring from burns and skin wounds

(Keeps blood clots from forming in the blood vessels; Helps prevent pulmonary embolisms and strokes)

57. What is the most abundant mineral in our bodies?

- X A. Calcium
_____ B. Phosphorus
_____ C. Magnesium
_____ D. Sulfur

58. Magnesium has nothing to do with the nervous system.

True False

List 3 things a person who is deficient in magnesium may become:

59. sensitive to noise

60. irritable

61. hyper-excitable

(nervous; apprehensive; belligerent)

62. Sodium, chlorine, and potassium do the unusual job of keeping our body fluids neutral.

True False

Name 3 of the trace minerals:

63. Cobalt

64. Copper

65. Zinc

(Manganese; Chromium; Iodine, fluoride, selenium, molybdenum, nickel, silicon, tin, vanadium, and iron)

66. No food products contain “fillers.”

True False

66. Raw fruits and vegetables are more nutritious than when they are cooked.

True False

68. Brewer's yeast is the same as baking yeast.

True False

69. Seeds are the core of life, with great nutritional power.

True False

Part II

Quiz 3, Homework III- KEY

List there deceptive advertising messages used in luring young people and adults into the use of tobacco products in the commentary:

1. Smoking is cool
2. Causes a person who uses tobacco products to have fun
3. Causes them to lead an adventurous and glamorous life

List 3 things the majority of tobacco users experience besides a potential terrible death:

4. Coughing
5. Hoarseness
6. Sinusitis
(shortness of breath, loss of taste, nervousness, chest and stomach pain, loss of appetite, fatigue, and insomnia)

In the following statement, give the backup information:

7. Nicotine is a poison found in tobacco. Two (2) drops of nicotine in its pure form (50 mg) will cause death in a person. Each cigarette that is smoked contains approximately one (1) mg. of nicotine.

8. What are “lungs?”
Our lungs are breathing organs, drawing in air, filtering it, and separating the life-giving oxygen out for our body’s use.

What has/can happen in the abnormal respiratory system due to smoking?

9. Emphysema reduces the elasticity of the lungs.
10. Chronic bronchitis causes shortness of breath and severe coughing.
11. Lung cancer can be the result of smoking.
12. Heart disease comes because of smoking also.

13. When does lung cancer affect the lymphatic system and other organs?
In its final stages, causing the spread of death.

List 3 possible symptoms of withdrawal for a smoker who receives a lessened

quantity of nicotine than normal:

14. headaches
15. fatigue
16. anxiety
(depression)

List 2 changes in behavior that can take place when alcohol is abused:

17. A false sense of relaxation
18. Impaired judgment and coordination
(Aggression and abuse increase; A marked decline in mental ability and perception)

List 4 withdrawal symptoms possible when an addict stops taking the drugs:

19. Nervousness
20. Anxiety
21. Severe pains
22. Sweating
(Running eyes and nose; Muscle twitching; Vomiting; Sleeplessness; At times even death)

List 3 narcotic’s categories:

23. Analgesics
24. Stimulants
25. Depressants
(Hallucinogens; Anabolic steroids)

26. How does morphine work?
By desensitizing the central nervous system.

27. While heroin produces an intense euphoria in the addict, it poses special dangers to the addict.

28. Stimulant drug abuse will cause hyperactivity, increased heart rate, and general excitability.

List 3 things amphetamines can produce in the abuser:

29. Feelings of confidence and power

30. Hallucinations

31. Excessive sweating

(Abnormal heart beat; Brain damage; Increased blood pressure and pulse rate; Pupil dilation; An increase in energy; Loss of appetite)

32. Depressants can cause memory loss, sluggishness, depression, deep sleep, and even death when a person overdoses.

Under the sedative category, list 3 things a barbiturate can cause:

33. sleepiness

34. A loss of memory and physical coordination

35. Slurred speech

(Quarrelsome disposition)

List 3 problems that can come about in the person who abuses marijuana:

36. Becoming parents of deformed babies

37. Genetic damage done in the abuser, and interference with their body's immune system

38. There can be development of female characteristics in men

(Respiratory problems; Serious personality disturbances; Brain damage)

39. PCP is a hallucinogen, reported to cause mental disorders or death.

40. Anabolic steroids are obtained from the male hormone testosterone.

41. What has caused noise pollution to the ears of farmers in the last four decades?

The diesel powered tractor

42. Several pesticides that did their job well are now banned because of the

hazards of the environment and to people.

43. Nuclear reactor cores contain radiation that is deadly to man and animals.

Part II

Quiz 4, Homework IV - Key

List the three most catastrophic diseases we know today:

1. Cancer

2. Heart disease

3. Diabetes

Match the four classifications of cancer with what they affect:

 C 4. Sarcoma

 D 5. Carcinome

 A 6. Leukemia

 B 7. Lymphoma

A. an uncontrollable growth and development of white blood cells

B. the appearance of tumors in the lymphatic tissue

C. affects the muscle, bone, tissue, or blood vessels

D. comes about in cells that line the organs and skin cells

List 3 of the American Cancer Society checklist warning signs:

8. Change in bladder habits

9. A sore that does not heal

10. Unusual bleeding or discharge (Indigestion or difficulty in swallowing; Obvious change in a mole or wart; Nagging cough or hoarseness)

11. What is the leading cause of death in the U.S.A.

Heart diseases

12. Stroke is simply a blood supply problem.

List 3 signs of a stroke from the commentary:

13. Sudden, temporary weakness or numbness of the limbs

14. Difficulty speaking

15. Vision impairment (Headaches; A personality change)

List 2 things from the commentary steps to guard against heart disease.

16. Have regular checkups concerning blood pressure

17. Abstain from smoking (Change the diet to foods low in saturated fats and cholesterol; Control

the weight; Begin and continue regular exercise)

18. How are STD's spread?

Sexually transmitted diseases are spread by germs passing from a person who has the particular disease, to another person through sexual contact.

19. Type two genital herpes will cause painful sores on the genital area.

20. HIV virus enters the blood's T-cells lymphocytes and begins its multiplication process, bringing destruction to these health-promoting cells.

List 3 ways, from the commentary, suggestions as to how to protect against the HIV virus.

21. Abstain from sex except with one's spouse

22. "Safe sex" is not necessarily safe

23. Do not use drugs (Make sure you know who you receive blood from; Be careful to not touch hidden needles in the trash)

24. Since all donated blood is now tested for HIV, all blood transfusions are safe.

True False

Match the new counseling/therapy terms with their understanding:

 B 25. Dysfunctional family

 A 26. Disorder

 C 27. Co-dependency

A. Refers to mental or emotional problems that need correction.

B. A person that does not function

properly.

C. Relationship in which two people are dependent upon each other, but in an abnormal fashion.

List 3 things from the commentary that are symptoms of co-dependency:

28. Low-self esteem

29. Walls or boundaries between the person and others

30. Neglect of needs

(Having their happiness depend on the actions of others; Taking of responsibility for another's problems and needs)

31. What is the fallacy in these “12 steps?”

When a person does not admit or acknowledge the one and true God, they are praying to one who cannot help them.

Mental disorders can be categorized into what 4 groups?

32. Anxiety disorders

33. Psychotic disorders

34. Affective disorders

35. Eating disorders

Name 2 of the 4 categories of anxiety disorders:

36. Phobias

37. Obsessive-compulsive

(Stress; Grief)

38. In the obsessive-compulsive disorder a person feels compelled and controlled by, actually obsessed by a habit or ritual that will become more extreme as time passes.

39. Depression is when we are

uncertain about the future, while anxiety is the preoccupation we have with our past experiences.

True False

List 2 of the coping techniques suggested for stress:

40. Physical

41. Mental

(Spiritual; Psychological)

What are some powerful spiritual technique for reducing stress?

42. Reading the Bible and praying

43. Memorizing Bible verses

44. Meditation of Bible verses

45. A grieving person struggles with sorrow, anguish, and emptiness.

In the fourth stage of grieving, what is the person's feelings physically, emotionally, and socially?

46. Physically: Ready to go forward with life

47. Emotionally: Have resolved their grief and accepted the truth

48. Socially: Begin to reorganize their life, take interest in others, and step back into reality

List 3 of the 7 specific characteristics people who are schizophrenic may have:

49. Delusions

50. Communication breakdowns

51. Hallucinations

(Inconsistent emotions; Self-misconception; Relationship problems; Bizarre physical functions)

Schizophrenics tend to have hallucinations, such as:

52. Often hear a voice from a non-existent person

53. Smell something that no one else can smell

54. Feel a tingling or burning sensation

55. See things that do not exist

Name the 2 category's of affective disorders:

56. Bipolar disorder

57. Depression disorder

58. No one changes their eating habits to fulfill an emotional need.

True False

59. Anorexics are actually stuffing themselves to death.

True False

What are the three methods typically used in psychotherapy?

60. Psychoanalysis

61. Individualistic psychology

62. Behavior therapy

63. B. F. Skinner said that stimuli from a person's environment causes no responses.

True False

List 5 types of psychology specializations:

64. Abnormal psychology

65. Clinical psychology

66. Cognitive psychology

67. Comparative psychology

68. Developmental psychology

(Educational psychology; Experimental psychology; Industrial and vocational psychology; Social psychology)

Part II

Quiz 5, Homework V - KEY

List 5 of the items from the Basic First Aid supplies list in the commentary:

1. Adhesive tape

2. Aluminum finger splints

3. Antibiotic ointment

4. Antiseptic solution or towelettes

5. Bandages, including a roll of elastic wrap (Ace, Coban, others) and bandage strips (Band-Aid, Curad, others) in assorted sizes

(Instant cold packs; Cotton balls and cotton-tipped swabs; Disposable latex or synthetic gloves; Gauze pads and roller gauze in assorted sizes; Eye goggles; First-aid manual; Petroleum jelly or other lubricant; Plastic bags for the disposal of contaminated materials; Safety pins in assorted sizes; Save-A-Tooth storage device containing salt solution and a travel case; Scissors, tweezers and a needle; Soap or instant hand sanitizer; Sterile eyewash, such as a saline solution; Thermometer; Triangular bandage; Turkey baster or other bulb suction device for flushing out wounds

List 5 of the medications we should have at home for an emergency:

6. Activated charcoal

7. Anti-diarrhea medication

8. Over-the-counter oral antihistamine

9. Aspirin and non-aspirin pain relievers

10. Calamine lotion

(Hydrocortisone cream; Personal medications; If prescribed by your doctor, drugs to treat an allergic attack; Syringe; medicine cup or spoon)

11. Taking a temperature is a technical procedure.

True False

What is the normal heart rate?

12. Adults: Usually from sixty (60) up to one hundred (100) beats per minute

13. Children: Usually one hundred twenty (120) to one hundred forty (140) beats per minute

14. Cold compresses increase the

circulation of blood in swelled joints.

True False

15. In general, if the pain in the eyes is persistent, severe, or associated with decreased vision, seek medical attention.

16. Animal bites must be treated for infection.

What is the most dangerous thing about animal bite infections?

17. Tetanus

18. Rabies

List the level's of burns and their explanation:

19. **Level:** First-degree

20. **Explanation:** burns redden the skin and actually affect only the epidermis or top layer

21. **Level:** Second-degree

22. **Explanation:** burns will show the skin as red and blistered, with damage to both the epidermis and the dermis.

23. **Level:** Third-degree

24. **Explanation:** burns will permanently destroy all layers of the skin. These burned areas may be blackened as well as possibly ash white.

25. During a convulsion, what is the first thing to do?

The victim should be laid on the floor, and any hard objects removed from the vicinity.

260. If a rusty object has broken the skin's surface, what is the possibility?
Can carry disease or cause tetanus

27. Frostbite is less than a frozen state and rapid thawing is unnecessary.

True False

28. Heat prostration is a feeling of exhaustion, nausea, or weakness.

True False

List 3 things that may prompt asthma attacks from the commentary:

29. Dust

30. Pollen

31. Smoke

(Medication; Food; Fatigue; Exertion)

32. Poisoning usually comes from household products.

List 3 poisons that if ingested we should not cause vomiting:

33. ammonia

34. bleach

35. detergents

(drain cleaner; furniture polish; kerosene, lighter fluid, lye, and any toilet bowl cleaner)

List three stroke symptoms:

36. Unconsciousness

37. Confusion

38. Clumsiness

(personality change, numbness, paralysis, memory loss, or weakness)

Give the "ABCs" for the process of CPR:

39. Airway

40. Breathing

41. Circulation

42. Effective CPR requires that the victim be lying flat on their back.

43. In CPR, The chest of an adult should be compressed at least two (2) to three (3) inches.

True False

1. We run the risk of giving the disease to those who take care of us when we are sick.

True False

List 5 of the 6 basic rules for good health:

2. Get plenty of rest each day
3. Get proper exercise
4. Eat a well-balanced diet
5. Keep the body clean
6. Drink sufficient water on a daily basis
(Get plenty of fresh air)

7. Scientists and physicians have always recognized the importance of cleanliness.

True False

8. A famous teaching hospital in Vienna had one (1) out of every six (6) women in the maternity ward dying in the 1840's.

True False

Describe how all tooth surfaces should be brushed:

9. The brushing direction is down on the upper teeth and up on the lower teeth.

10. There should be six (6) strokes in each place, on inside as well outside surfaces.

11. Brushing our teeth should not be followed by rinsing with water.

True False

12. Hair in the nose has no practical use.

True False

In the care of our eyes, list what we should do:

13. We should wash the outside of our eyes every day

14. We should not stick anything into the eyes

15. We should not look directly at the sun We should protect our eyes from blowing particles

16. We should see an eye doctor every

two (2) years.

What can repeated exposure to the sun or tanning beds result?

17. Premature aging of the skin

18. Can also be a leading cause of skin cancer.

19. God gave laws concerning the prevention, detection, and treatment of diseases in the Old Testament.

True False

Name the two (2) types or classifications of diseases:

20. Infectious diseases

21. Noninfectious diseases

Match the term with its understanding:

__B__ 22. Typhoid fever

__B__ 23. Scarlet fever

__A__ 24. Viruses

__C__ 25. poliomyelitis

__C__ 26. yellow fever

__B__ 27. Tuberculosis

__A__ 28. Parasitic worms

__B__ 29. Diphtheria

__B__ 30. Whooping cough

- C 31. measles
 C 32. mumps
 A 33. Protozoa
 C 34. chicken pox
 C 35. influenza
A. organism that cause infectious disease
B. disease caused by bacteria
C. viral-caused diseases

36. Incorrect amounts of hormones cause glandular diseases.

True False

List 4 of the “deficiency diseases” from the commentary:

37. anemia
38. night blindness
39. beriberi
40. pellagra
(scurvy; rickets; excessive bleeding)

41. God created man in a way that his body has many defenses against disease germs.

True False

42. White blood cells dissolve pathogens that get in our bloodstream.

True False

List 3 diseases which children are typically immunized against:

43. diphtheria
44. tetanus
45. whooping cough
(measles; mumps; polio; rubella)

46. Smallpox has been essentially eradicated except in third-world countries.

True False

What diseases are children usually immunized against but need boosters periodically:

47. measles
48. mumps

49. We can and should always seek God's help through prayer in the times of illness.

True False

Name the classes of medicines:

50. Enzymes
51. Antibacterial / antibiotic
52. Steroids / painkillers
53. Tranquilizers
54. Herbs

Match the term with its understanding:

- B 55. Enzymes
 D 56. Steroids and Painkillers
 A 57. Tranquilizers
 C 58. Herbs
A. Sedatives, relieving tension
B. Chemical compounds that has been split
C. Many are extracted from living things
D. Anti-inflammatory agents

59. Physicians but not doctors are trained to diagnose illnesses or injuries.

True False

60. Nearly _____ of all accidents happen in the home.

- A. One fourth
B. One third
C. One half
D. All

61. It is not necessary to lock up all poisons.

True False

62. Most falls occur away from home.
True False

63. For safety in the kitchen, we should buy utensils that have insulated handles to prevent burning of the hands.
True False

List 3 things from the commentary things we should be careful of in the bathroom:

64. Do not use any electrical appliance near water.

65. Mount grab bars in the tub.

66. Use non-slip mats to maintain footing in tubs and showers.

(Babies or small child must not be left in the bathtub alone)

67. It is wise to not use any electrical appliance near water.
True False

68. Drivers or occupants of a car should only observe traffic toward the left before driving into an intersection.
True False

69. For personal safety, strangers should not be allowed into our home to make a call.
True False

70. Toys are designed for certain age groups.
True False

List the concerns about on the job safety:

71. Equipment guidelines are to be followed.

72. Do not get in a rush.

73. Protective gear is to be worn when appropriate.

74. Pay attention to what we are doing.

Final Exam

Part II- Hmwk I-V - KEY

1. Physical fitness involves nothing more than levels of muscular strength and endurance.

True False

List 5 things that physical fitness can do for us:

2. Helps prevent illness
3. Increases overall well-being
4. Improves cardiovascular strength
5. Aids in weight control
6. Supplies energy
(Increases flexibility; Improves posture;
Gives emotional poise)

Match the terms with the understanding:
__C__ 7. Strength, Endurance, and Energy.

__B__ 8. Skill, Agility, and Flexibility

__A__ 9. Good Muscle Tone and Posture

__D__ 10. Weight Control

__E__ 11. Prevention of Disease

A. Causes our body to fall into line

B. More than just the joint and muscles moving

C. New energy for a weary body

D. Diet and exercise required

E. Burn and reduce fatty substances in the blood

12. Hardening of the arteries is only due to deposits of cholesterol, a fatty substance, on the walls of those arteries.

True False

13. Most exercise programs include _____ types of exercises.

A. Three

B. Four

C. Five

D. Six

Name 5 activities from the course that satisfy the criteria of good exercise.

14. Tennis

15. Bowling

16. Swimming

17. Hiking

18. Skiing

(Volleyball, Handball, Horseback riding, Skating, Badminton)

List 4 things that the exercise

“rebounding” can do for us:

19. Causes the lymphatic system to circulate properly

20. strengthens the vital organs

21. stimulates the cells of the body

22. increases the strength and fitness of the muscles

(improves cardiovascular efficiency)

List 3 benefits from aerobic exercise:

23. Lungs that process more air with less effort

24. Hearts that grow stronger pumping more blood with fewer strokes

25. Better blood supply to muscle

(Total blood volume increase)

Concerning walking, what do Doctors include it as?

26. Part of a program to prevent heart-related diseases

27. To rehabilitate those who have already had a heart problem

Name 3 of the 4 types of walking programs:

28. Strolling

29. Normal walking

30. Aerobic walking

(Long-distance walking)

31. Who is known as the “father of American walking?”

Edward Payson Weston

32. What we eat is not what we are.

True False

33. Fully twenty percent (20%) of all high school graduates are underweight.

True False

34. A calorie is the amount of energy available from any certain food we might eat.

True False

From the commentary, give a reason why some foods are not healthy:

35. They have a high calorie content but few nutrients.

(These foods create high energy in our bodies, but are not really healthy because they are “empty calories.”)

Name the basic food groups:

36. Milk

37. Meat

38. Vegetables and fruits

39. Grains

40. Fats and sweets

Match the item with its calorie content: (answers may be used more than once)

C 41. Carbohydrates

B 42. Water

A 43. Fats

B 44. Vitamins

B 45. Minerals

C 46. Protein

A. Nine per gram

B. None per gram

C. Four per gram

47. Eating raw vegetables will reduce our normal intake of calories.

True False

48. Beverages all have the same quantities of calories and nutrients.

True False

49. Good nutrition has nothing to do with normal growth and development in children.

True False

50. The physical or chemical change in food in our bodies is called metabolism.

True False

Nutrients in food are:

51. Carbohydrates

52. Proteins

53. Fats

54. Vitamins

55. Minerals

56. Water

Match the food group with its contribution:

E 57. Milk group

C 58. Meat group

A 59. Fruits and vegetables

B 60. Breads and cereals group

D 61. Fats and sweets

A. High in vitamins A and C

B. B vitamins, protein, iron, and food energy

C. High quality protein, iron, niacin, and other B vitamins.

D. Energy producers

E. Contributes of calcium, protein, and riboflavin

Match the term with an understanding:

D 62. Carbohydrates

A 63. Fructose

C 64. Blood sugar

B 65. Starch

A. Simple sugar found in peaches, apples, apricots

B. Other carbohydrate used by our body

C. Glucose form of sugar

D. Main fuel for our body

66. Eating a breakfast of high sugar content causes a very energetic feeling all day long.

True False

67. Pectin raises the levels of cholesterol in the blood.

True False

68. Fruit contains fructose and is often

called "fruit sugar."

True False

69. There are ____ different amino acids that make up protein are known.

- _____ A. 18
- _____ B. 20
- __X__ C. 22
- _____ D. 24

Name 5 of the 8 essential amino acids are:

70. Tryptophan

71. Lysine

72. Methionine

73. Phenylalanine

74. Threonine

(Valine; Leucine; Isoleucine)

Name 3 of the good things fat does in our bodies:

75. Energy source

76. Cushions vital organs

77. Insulation from cold weather

(Carriers of vitamins A, D, E, and K;

Give more energy for chemical change than proteins of carbohydrates)

__M__ 88. Pantothenic Acid

__O__ 89. Vitamin C

__K__ 90. Vitamin D

__L__ 91. Vitamin E

__N__ 92. Vitamin K

A. Normal function of our brain

B. Severe anemia comes when there is a deficiency

C. Found basically in animal products.

D. Come basically from four (4) sources

E. Plays an important role in eye function

F. Thiamin G. Riboflavin,

H. Helps prevent the skin infection eczema

I. Found in liver, brewer's yeast, wheat germ, whole wheat bread, oatmeal, corn, and molasses.

J. Inositol and choline form part of the structure of lecithin

K. Sunshine vitamin

L. Used to treat muscular rheumatism and nutritional muscular dystrophy

M. Comes from animal hearts, kidneys, liver, brewer's yeast, bran, wheat germ, whole grain breads and cereal, and green vegetables

N. Agent in blood clotting

O. Three-fourths (3/4ths) of the United States population receive less than the minimum daily allowance

Match the vitamin with its role:

__E__ 78. Vitamin A

__D__ 79. All B vitamins

__F__ 80. Vitamin B1

__G__ 81. Vitamin B2

__A__ 82. Vitamin B6

__C__ 83. Vitamin B12

__B__ 84. Folic Acid

__H__ 85. Biotin

__I__ 86. Inositol

__J__ 87. Choline

93. Symptoms of vitamin K deficiency include a purplish tongue, perpendicular lines on the lips, a sensitivity to light, and bloodshot eyes.

True False

94. A vital function of vitamin C is to form and maintain collagen.

True False

List 3 foods Vitamin B6 is found in:

95. molasses

96. brewer's yeast

97. wheat bran and germ

(liver; heart; kidneys)

List 2 things from the commentary that are sources of choline:

98. kidneys

99. brain

(egg yolk; liver; brewer's yeast; wheat germ)

From the commentary, list 2 things Vitamin E is vital for:

100. Prevents vitamin A and the essential unsaturated fatty acids from being destroyed in the body

101. Aids glandular function (Effectively prevents scarring from burns and skin wounds; Keeps blood clots from forming in the blood vessels; Helps prevent pulmonary embolisms and strokes)

Name the two (2) types of minerals:

102. Major

103. Trace

104. Calcium is readily available in the bones of sardines and salmon.

True False

105. Magnesium has nothing to do with the nervous system.

True False

List 3 things a person who is deficient in magnesium may become:

106. sensitive to noise

107. irritable

108. hyper-excitable

(nervous; apprehensive; belligerent)

109. Sulfur is available through chocolate, nuts, soybeans, seafood, and a host of cooked green leafy vegetables.

True False

110. Sodium and potassium come in table salt.

True False

Name five (5) of the trace minerals:

111. Cobalt

112. Copper

113. Zinc

114. Manganese

115. Chromium

(Iodine, fluoride, selenium, molybdenum, nickel, silicon, tin, vanadium, and iron)

Match the trace mineral with its attribute:

__F__ 116. Cobalt

__A__ 117. Copper

__G__ 118. Zinc

__C__ 119. Manganese

__B__ 120. Chromium

__D__ 121. Iodine

__H__ 122. Nickel

__I__ 123. Silicon

__E__ 124. Iron

- A. A part of the many enzyme systems
- B. Helps prevent diabetes
- C. Works to bring about normal reproductive functions
- D. Helps control a cell's energy usage
- E. Needed for good "brain power"
- F. Can prevent severe anemia
- G. Used in the making of the body's cells
- H. Helps to maintain the health of our bodies tissues
- I. Works in the strengthening of our bones with calcium

125. We can live for several days without food, but only a very few days without water.

True False

126. Raw fruits and vegetables are more nutritious than when they are cooked.

True False

127. A seed poor in nutrition is the sunflower.

True False

128. The Word of God contains the proper spiritual diet for the human being.

True False

Name 2 things that play a vital part in our good health:

129. Personal care

130. Safety

(Physical fitness; Good nutrition)

131. "Smoking is cool" is not a deceptive advertising messages used in luring young people and adults into the use of tobacco products.

True False

List 4 of the experiences that may come to the majority of tobacco users besides a potential terrible death:

132. Coughing

133. Hoarseness

134. Sinusitis

135. Shortness of breath

(loss of taste, nervousness, chest and stomach pain, loss of appetite, fatigue, and insomnia)

136. Only 2 drops of pure nicotine is enough to kill a person.

True False

137. Carbon monoxide is not found in cigarette smoke.

True False

138. Explain what happens to the respiratory system due to chemicals in tobacco smoke:

When a person inhales cigarette smoke, those hot gases actually attack the delicate tissues of the mouth, throat, breathing tubes, and lungs.

139. The tissue that has been affected by emphysema is easily repaired or replaced.

True False

140. When does lung cancer affect the lymphatic system and other organs?
In its final stages, causing the spread of death.

List the possible symptoms of withdrawal for a smoker who receives a lessened quantity of nicotine than normal:

141. headaches

142. fatigue

143. anxiety

144. depression

Explain 2 things that alcohol consumption causes in the liver and how it does it:

145. Alcohol interferes with cell function in the liver, bringing about cirrhosis.

146. As the cells of the liver fill with fatty tissue and the liver becomes enlarged, the liver cells die and cannot be replaced.

(Due to the scar tissue that forms in place of the the dead cells, cirrhosis of the liver occurs, and that scar tissue blocks the flow of blood through the liver)

147. Prescription drugs become harmful when they are misused or abused.

List 5 of the withdrawal symptoms possible when an addict stops taking the drugs:

148. Nervousness

149. Anxiety

150. Severe pains

151. Sweating

152. Running eyes and nose

(Muscle twitching; Vomiting; Sleeplessness; At times even death)

153. Narcotic analgesics are like certain natural what?

Anti-pain compounds in the body

List the narcotic analgesics that are typically abused:

154. Morphine

155. Codeine

156. Heroin

157. Opium

158. While heroin produces an intense euphoria in the addict, it poses special dangers to the addict.

List 3 things that amphetamines can produce in the abuser:

159. Feelings of confidence and power

160. Hallucinations

161. Excessive sweating

(Abnormal heart beat; Brain damage; Increased blood pressure and pulse rate; Pupil dilation; An increase in energy; Loss of appetite)

List 3 things that barbiturates cause:

162. sleepiness

163. A loss of memory and physical coordination

164. Slurred speech

(Quarrelsome disposition)

165. The marijuana abuser will appear to be like what abuser?

Alcoholic

List 4 problems that can come about in the person who abuses marijuana:

166. Becoming parents of deformed babies

167. Genetic damage done in the abuser, and interference with their body's immune system

168. There can be development of female characteristics in men

169. Respiratory problems

(Serious personality disturbances; Brain damage)

170. Anabolic steroids are obtained from the male hormone testosterone.

171. The Bible tells us accurately that though people are promised liberty, they are brought into bondage.

172. If there is no true happiness in a pill, an injection, a drink, or a smoke, where is it?

True happiness only comes about when

we surrender to Christ and begin to have faith in God.

173. Disease-causing organisms breed freely in water.

174. Nuclear reactor cores contain radiation that is deadly to man and animals.

List the three most catastrophic diseases we know today:

175. Cancer

176. Heart disease

177. Diabetes

Match the four classifications of cancer and what they affect:

__C__ 178. Sarcoma

__D__ 179. Carcinome

__A__ 180. Leukemia

__B__ 181. Lymphoma

A. an uncontrollable growth and development of white blood cells

B. the appearance of tumors in the lymphatic tissue

C. affects the muscle, bone, tissue, or blood vessels

D. comes about in cells that line the organs and skin cells

List 3 American Cancer Society checklist warning signs:

182. Change in bladder habits

183. A sore that does not heal

184. Unusual bleeding or discharge (Indigestion or difficulty in swallowing;

Obvious change in a mole or wart; Nagging cough or hoarseness)

185. Atherosclerosis is a form of arteriosclerosis.

186. Stroke is simply a blood supply problem.

Give the understanding of systolic and

diastolic:

187. **Systolic pressure:** Measuring the blood pressure as the heart is pumping.

188. **Diastolic pressure:** Measuring the blood pressure as the heart is at rest.

List from the commentary 3 steps to guard against heart disease.

189. Have regular checkups concerning blood pressure

190. Abstain from smoking.

191. Change the diet to foods low in saturated fats and cholesterol.

(Control the weight; Begin and continue regular exercise)

192. How are STD's spread?

Sexually transmitted diseases are spread by germs passing from a person who has the particular disease, to another person through sexual contact.

193. What would bring about the eradication of STD's?

If mankind would be obedient to God's Word concerning sexual contact and promiscuity, there would be an eradication of these diseases and their destructive effects.

194. AIDS is an international epidemic.

List 3 things suggestions from the commentary to how to protect against the HIV virus.

195. Abstain from sex except with one's spouse

196. "Safe sex" is not necessarily safe

197. Do not use drugs

(Make sure you know who you receive blood from; Be careful to not touch hidden needles in the trash)

198. Explain neurosis:

It refers to emotional distress; emotional problems such as anxiety, fear, stress, and compulsive behavior. It has now been replaced with another term, "anxiety disorder."

List 3 items from the commentary that are symptoms of co-dependency:

198. Low-self esteem

199. Walls or boundaries between the person and others

200. Neglect of needs

(Having their happiness depend on the actions of others; Taking of responsibility for another's problems and needs)

201. What is the fallacy in these "12 steps?"

When a person does not admit or acknowledge the one and true God, they are praying to one who cannot help them.

Mental disorders can be categorized into what 4 groups?

202. Anxiety disorders

203. Psychotic disorders

204. Affective disorders

205. Eating disorders

206. Most people who struggle with obsessive-compulsive disorder do realize that their behavior is not the norm.

List 2 things from the commentary the changes in habits or lifestyle that can bring stress:

207. Being debilitated due to paralysis

208. A personal injury

(Health problems; A drastic change in

finances downward)

What are some powerful spiritual technique for reducing stress?

209. Reading the Bible and praying

210. Memorizing Bible verses

211. Meditation of Bible verses

212. A grieving person struggles with sorrow, anguish, and emptiness.

In the fourth stage of grieving, what is the person's feelings physically, emotionally, and socially?

213. **Physically:** Ready to go forward with life

214. **Emotionally:** Have resolved their grief and accepted the truth

215. **Socially:** Begin to reorganize their life, take interest in others, and step back into reality

What are 3 of the 7 specific characteristics people who are schizophrenic may have?

216. Delusions

217. Communication breakdowns

218. Hallucinations

(Inconsistent emotions; Self-misconception; Relationship problems; Bizarre physical functions)

Schizophrenics tend to have hallucinations, such as:

219. Often hear a voice from a non-existent person

220. Smell something that no one else can smell

(Feel a tingling or burning sensation; See things that do not exist)

Name the 2 category's of affective disorders:

221. Bipolar disorder

222. Depression disorder

223. No one changes their eating habits to fulfill an emotional need.

True False

234. Anorexics are actually stuffing themselves to death.

True False

What are the three methods typically used in psychotherapy?

235. Psychoanalysis

236. Individualistic psychology

237. Behavior therapy

238. Shock therapy is an extreme form of treatment for patients with mental problems.

239. Treatment, in the fields of psychiatry and psychology are seldom interrelated.

True False

240. What does the counselor seek to do in Biblical counseling?

The counselor, in this discipline, seeks God's guidance to solve problems.

241. The vast majority of illnesses or accidents occur where?

At home

242. Taking a temperature is a technical procedure.

True False

What is the normal heart rate?

243. **Adults:** Usually from sixty (60) up to one hundred (100) beats per minute

244. **Children:** Usually one hundred twenty (120) to one hundred forty (140) beats per minute

Normal blood pressure is around (from-to):

245. **Systolic:** 120 to 140

246. **Diastolic:** 80 to 90

247. It is wise to call the health care provider if there is pain in the eyes and the person has an immune-system deficiency.

True False

What is the most dangerous thing about animal bite infections?

248. Tetanus

249. Rabies

What is the name of the worst burn and its explanation?

250. **Level:** Third-degree

251. **Explanation:** burns will permanently destroy all layers of the skin. These burned areas may be blackened as well as possibly ash white.

List 3 things that may prompt asthma attacks from the commentary:

252. Dust

253. Pollen

254. Smoke

(Medication; Food; Fatigue; Exertion)

List 4 descriptions of the pain of a heart attack:

255. Pressure

256. Squeezing

257. Fullness or tightness under the breastbone

258. Fullness in the upper part of the abdomen

(pain in the arms, back, neck, and jaw)

List 5 poisons that if ingested we should

not cause vomiting:

259. ammonia

260. bleach

261. detergents

262. drain cleaner

263. furniture polish

(kerosene, lighter fluid, lye, and any toilet bowl cleaner)

264. Unconsciousness is a defense mechanism.

True False

Give the "ABCs" for the process of CPR:

265. Airway

266. Breathing

267. Circulation

268. Effective CPR requires that the victim be lying flat on their back.

269. In CPR, The chest of an adult should be compressed at least two (2) to three (3) inches.

True False

270. How is the resuscitation procedure different between the infant and an adult?

Because of the smallness of an infant's face, the mouth-to-mouth resuscitation procedure is to cover both the mouth and the nose of the victim by our mouth.