Health Final Review

1. What is a lifestyle disease?
2. What are uncontrollable and controllable risk factors?
3. How has the leading cause of death change in America over time?
4. What are the 6 components of health?
5. What are the 8 major food allergies?
6. What are symptoms of food allergies?
7. How much of your diet should come from proteins?
8. How much of your diet should come from carbs?
9. How much of your diet should come from fats?
10. How many hours should you eat before a game?
11. What is healthy weight loss or gain in pounds each week?
12. What are the fat soluble vitamins?
13. What are the water soluble vitamins?
14. What are the important vitamins and minerals? Example folic acid, iron
15. What do the important vitamins and minerals do for the body?
16. What are the major eating disorders? Define them?
17. How much of our body is made up of water?
18. What are the different types of vegetarians?
19. Where do we get our protein from, carbs from?
20. Does alcohol make the body warmer or colder?
21. What is fetal alcohol syndrome?
22. What are the effects of alcohol on the brain?
23. What are the effects of marijuana on the brain?
24. What is the number one killer of teens?
25. What does FITT stand for?
26. What are the leading causes of death?
27. What is dating violence?
28. What are good communication skills?
29. What are signs of healthy vs unhealthy relationships?
30. What are the misconceptions of sexual assaults?
31. What are the symptoms of STDS?
32. DO all STDs show symptoms?
33. How does teen pregnancy affect your future? What are the percentages?