# Lesson 2.1: Personal Health Habits

## Vocabulary Review Worksheet

1. hygiene
2. epidermis
3. dermis
4. acne
5. decay
6. gingivitis

## Note-Taking Guide

**Developing Good Hygiene**

1. Hygiene

2. brushing your teeth; washing your face and hands; showering; trimming your nails

**Your Skin**

3.

a. It provides a barrier to all sorts of pathogens in the environment.

b. It helps to protect every other organ in your body and to keep your body temperature normal.

4.

Epidermis

Dermis

Hypodermis

**Caring for Your Skin**

5.

Don’t shower too long or in water that is too hot. Both can dry out your skin.

Use mild soaps that won’t irritate your skin.

Use clean razors and shaving cream, lotion, or gel when shaving. Take your time.

Follow instructions from your health care provider when caring for new piercings or tattoos.

**Recognizing and Treating Common Skin Problems**

6. Everyone

7. Acne

Eczema (also called dermatitis)

Sunburn

**Detecting Skin Cancer**

8.

Wear clothing that covers and protects your skin, such as hats, long sleeves, and long pants.

Wear a hat with a wide brim to protect your neck, ears, and face.

Use sunscreen with a sun protection factor (SPF) of at least 15.

Avoid tanning indoors or outdoors.

9.

A = Asymmetry (the shape is unusual)

B = Border (the mole or growth does not have a clean edge or end)

C = Color changes

D = Diameter or size bigger than six millimeters

E = Evolve (grows bigger)

**Your Hair and Nails**

10. lips; palms; soles of your feet

11. eyes; ears; nose

12. keratin

13. white spots

14. cuticle; infection

15. head lice; hair loss; infections; warts

**Your Mouth and Teeth**

16. Crown: Outside part of the tooth that you can see; protected by enamel, which is a hard, white substance made of calcium

Neck: Connects the crown of the tooth to the root of the tooth

Root: Contains blood vessels and nerves and connects the tooth to the jaw

**Caring for Your Mouth and Teeth**

17. regularly brush; floss

**Common Problems With the Mouth and Teeth**

18.

|  |  |
| --- | --- |
| Common Problem | Description |
| Crooked or crowded teeth | May actually prevent someone from chewing food properly. |
| Tooth decay | The destruction of some part of the tooth. Tooth decay can affect the outer layer of the tooth and the inside of the tooth. |
| Gum disease | This happens when plaque and tartar build up on the teeth and can make the gums swollen, which can lead to gingivitis. |
| Cold sores | These are a common infection caused by the herpes simplex virus (HSV). They are small blisters on and around your lips. |
| Bad breath | Also called halitosis and can be caused by a variety of hygiene factors or from common diseases. |
| Teeth grinding | When a person grinds their teeth, it means they have a condition called bruxism. Stress and anxiety are common causes of bruxism. |

**Analyzing Influences: Beauty, Media, and Technology**

19. Students should list any four of the following:

Removing imperfections; adding a tan; removing body hair on women; adding realistic-looking facial hair on men; altering noses, eyes, and lips; adjusting or changing hair color, length, or thickness

# Lesson 2.2: Healthy Vision and Hearing

## Vocabulary Review Worksheet

1. farsightedness (hyperopia)
2. nearsightedness (myopia)
3. equilibrium
4. norm
5. sensorineural
6. tinnitus

## Note-Taking Guide

**Your Eyes and How You See**

1.

1. Light enters the eye through the cornea (eye lens).

2. Your pupil changes shape to let in the appropriate amount of light.

3. Your retina, in the back of the eye, receives an upside-down copy of the image.

4. Your retina sends electrical signals on the optic nerve to your brain, and your brain produces a right-side-up image.

**Protecting Your Vision**

2. sun

3. ultraviolet

**Eye Strain**

4. Eye

**Common Problems With Vision**

5. Nearsightedness (myopia)

Farsightedness (hyperopia)

Astigmatism

Presbyopia

Color blindness

Red or bloodshot eyes

Night blindness

**Your Ears and How You Hear**

6. See figure 2.10 in the textbook.

**Protecting Your Hearing**

7. back

8. permanent

9. aids

10.

Use small earplugs that lower the decibels of certain frequency sounds while still allowing you to hear normal human conversation.

There are also noise-canceling earphones that do a similar thing.

11. single

12. objects

**Common Problems With Hearing**

13. Conductive, Sensorineural

14. Tinnitus

**Social Norms and Listening Behaviors**

15. going everywhere with a cell phone; having earbuds in your ears most of the day.

16. talk, protect

# Lesson 2.3 Healthy Sleep and Rest

## Vocabulary Review Worksheet

1. quality
2. deprived
3. sleep debt
4. insomnia
5. caffeine
6. unconscious

## Note-Taking Guide

**Understanding Sleep**

1. unconscious

2. stress, solve

**The Importance of Sleep**

3. heart attack, stroke, and cancer

alertness and concentration

depression, mood

reduces

control weight

**Getting Enough Sleep**

4.

|  |  |
| --- | --- |
| Newborn (0-3 months) | 14-17 hours |
| Infant (4-12 months) | 12-16 hours |
| Toddler (1-2 years) | 11-14 hours |
| Preschool (3-5 years) | 10-13 hours |
| School age (6-12 years) | 9-12 hours |
| Teenage (13-18 years) | 8-10 hours |
| Adult | 7 or more hours |

**What Happens When You Don’t Sleep Enough or Don’t Sleep Well?**

5. health

**Common Sleep Problems**

6. everyone

7. sleep debt

8. Insomnia, Sleepwalking, Narcolepsy

**Self-Management for Good Sleep**

9.

*1. Take naps.* Short naps can help improve mood, alertness, and performance.

*2. Get regular exercise.* Daily exercise helps you sleep longer and deeper.

*3. Get natural light during the day.* Natural light helps your biological clock work at its best.

10. sleep

stimulants

Relax

environment

# Lesson 2.4: Being a Healthy Consumer

## Vocabulary Review Worksheet

1. consumer
2. self-care
3. pharmacist
4. active
5. preventative screenings
6. assertive
7. primary care physician

## Note-Taking Guide

**Managing Your Own Self-Care**

1. Self-care: All the decisions you make and the actions you take to maintain your health.

* Knowing how to make basic consumer decisions.
* Performing regular self-screening for certain types of cancers.
* Knowing how to access medical care and following medical advice.

**Your Medical History**

2. List of all over-the-counter medicines, vitamins, or supplements you have used in the past six months.

Any known allergies to medications.

All shots (vaccinations) you have had.

Your family history of heart disease, cancer, and other diseases (if you know it).

**Routine Medical Screens**

3. preventive screening

**Self-Examinations**

4. Skin checks, breast self-exams, and testicular self-exams are three types of self-exams. By performing regular self-exams, you can catch changes early, which also leads to early detection of disease. Early detection and treatment of cancers typically result in a better outcome and longer survival.

**Being a Health Care Consumer**

5. consumer

6. pharmacy

7. pharmacist

**Product Labels**

8. label

9. active

**Comparison Shopping**

10. price of the product; amount of the product in the package; amount of the active ingredients in the package

**U.S. Health Care System**

11.

|  |  |
| --- | --- |
| Managed care | **These plans provide access to a specific, limited set of medical professionals and services. You are required to pay additional costs if you see an unapproved, or out-of-network, provider.** |
| **Fee for service** | Although you have the option to see any medical professional you want, these plans require you to pay on average 20 percent of all medical bills out of pocket (by yourself). |
| Health maintenance organization (HMO) | **An HMO provides care directly to those they insure. Typically, a primary care physician coordinates all of your care.** |
| Preferred provider organization (PPO) | **Similar to a fee for service plan, PPOs use an approved network of providers which have pre-negotiated costs. You can self-refer to specialists without using a primary care physician, but you will pay more money as a result.** |
| **Point of service** | These plans provide a combination of HMO and PPO services that allows you to use a primary care physician, both in or out of network. Costs vary depending on the specifics of the plan. |

12. Private health insurance: Can be offered through an employer or private organization. Usually the employee and employer pay monthly fees into a private system. They have access to designated health care providers.

Public health insurance: The individual pays into a government account and has access to facilities that accept payment from these plans.

**School Health Clinics**

13. clinic

**Other Clinics, Centers, and Hospitals**

14. Clinics and centers

Urgent care clinics

Hospitals

**Consumer Rights and Responsibilities**

15. health care providers

medical history

confused or have a concern

16. understood information

health care providers

whenever needed

your medical decisions

respect and nondiscriminatory care

medical information and care

provider or facility

**Using Assertive Communication**

17.

1. Share what you feel.
2. Be specific about what is making you feel that way.
3. Explain why you feel the way you do.
4. Be clear about what you need.

22. Student answers will vary.

## Skill-Building Challenge Worksheet

Student work will vary based on how they choose to seek help for the issue posed in the scenario (talking to the maker of an acne cream that does not seem to be working). Ensure students utilize the assertiveness technique discussed in the chapter in their complaint/script.

# Test Your Knowledge

1. a. hygiene
2. c. acne
3. c. It has an unusual shape.
4. c. halitosis
5. d. eye strain
6. b. social norm
7. d. 8 to 10
8. d. all of the above
9. d. all of the above
10. d. all of the above