

Developing Good Hygiene

1. _____ is the practice of keeping yourself in good health by maintaining your personal cleanliness.

2. Name four examples of good hygiene.

1. _____

2. _____

3. _____

4. _____

Your Skin

3. Your skin is the largest organ you have. What are two ways your skin keeps you healthy?

a. _____

b. _____

4. Fill in the blanks with the correct layer of skin.

_____ (outermost): Protects you from the environment and contains melanin, the cells that give skin its color



_____ (middle): Contains the hairs you see on your skin, sweat glands, blood vessels, and nerves



_____ (inner layer): Contains blood vessels, fat, and more nerves; connects the skin to the muscles and bones underneath

Caring for Your Skin

5. Identify four tips for good skin care.

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Recognizing and Treating Common Skin Problems

6. _____ will experience skin problems or skin irritations at some point in their life. Most skin problems are temporary and can be treated.
7. Fill in the correct skin conditions in the boxes.

	A skin condition that occurs when skin cells, oil glands, and hair follicles clog, causing a collection of pimples that usually form on the face, back, chest, and shoulders
--	--

	Different types, but most cause dry, itchy skin and rashes on the face, inside the elbows and behind the knees, and on the hands and feet
--	---

	Will make the skin turn red and hot to the touch
--	--

Detecting Skin Cancer

8. Skin cancer (called melanoma) is the most common cancer in the United States. Fill in the blanks below to complete the list of ways to prevent skin cancer.

- ✓ Seek shade, especially in the middle of the day.
- ✓ _____
- ✓ _____
- ✓ Wear sunglasses that block UVA (long wave) and UVB (short wave) sun rays.
- ✓ _____
- ✓ _____

CHAPTER 2 Personal and Consumer Health

Lesson 2.1

9. Explain the ABCDE method.

A = _____

B = _____

C = _____

D = _____

E = _____

Your Hair and Nails

10. Hair grows all over your body except your _____, _____, and _____.

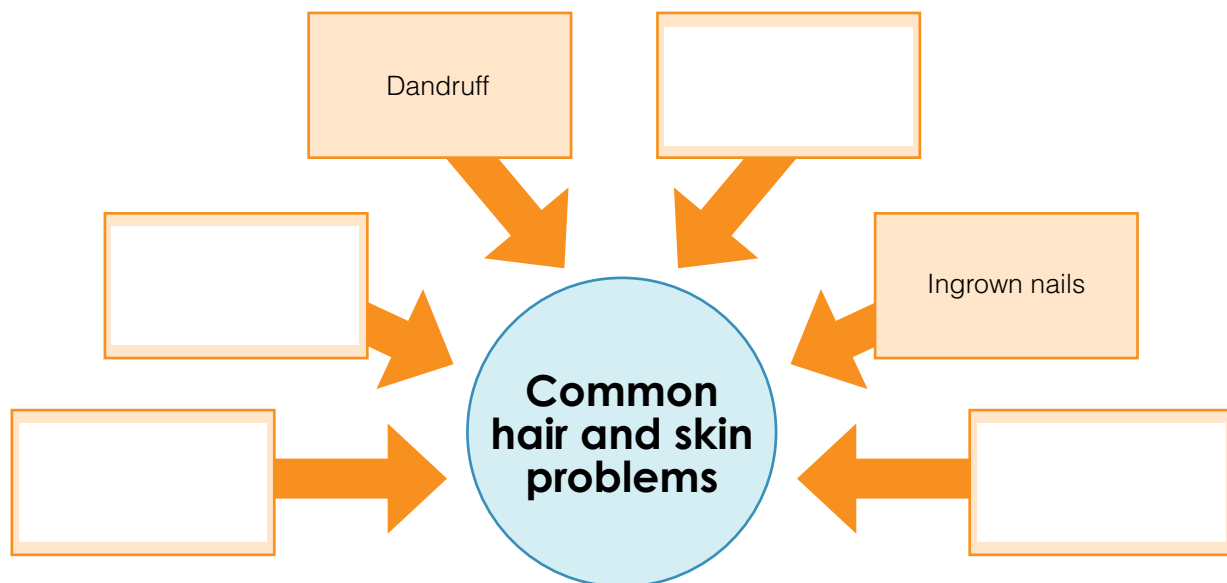
11. Hair helps keep you warm and protects openings like the _____, _____, and _____ from small particles in the air.

12. Your nails are made up of a hard protein called _____.

13. It is normal to sometimes get _____ on your nails, or to have ridges that run from top to bottom of your nail.

14. Be careful not to remove the _____, because that can cause _____.

15. Complete the chart below by identifying the common hair and nail problems that are missing.



Your Mouth and Teeth

16. Describe the three parts of teeth in the following boxes.

Crown

↓

Neck

↓

Root

Caring for Your Mouth and Teeth

17. Describe the two most important things you can do to care for your mouth and teeth.

1. _____
2. _____

Common Problems With the Mouth and Teeth

18. Describe common problems with the mouth and teeth in the table below.

Common Problem	Description
Crooked or crowded teeth	
Tooth decay	
Gum disease	
Cold sores	
Bad breath	
Teeth grinding	

Analyzing Influences: Beauty, Media, and Technology

19. Identify four things technology allows the media to alter.

1.

2.

3.

4.

Your Eyes and How You See

1. Explain how the eye works:

1. _____

2. _____

3. _____

4. _____

Protecting Your Vision

2. Whenever you are outside in the _____, it is important to wear sunglasses.
3. Good sunglasses will protect your eyes from any flying debris in the air, such as bugs, dirt, and gravel, and harmful _____ rays that can damage the shape of the cornea.

Eye Strain

4. _____ strain is a form of fatigue that happens to your eyes when they have to focus on a close-up object for long periods of time.

Common Problems With Vision

5. Fill in the blanks with the correct common vision problem.

_____ : Can clearly see objects that are up close but have a harder time seeing objects in the distance

_____ : A condition where light focuses behind the retina and objects that are up close are hard to see clearly

_____ : Occurs when the light is not focused evenly on the retina. This makes objects appear blurry or distorted.

_____ : The lens of the eye becomes stiffer, causing light to be less focused and objects up close harder to see

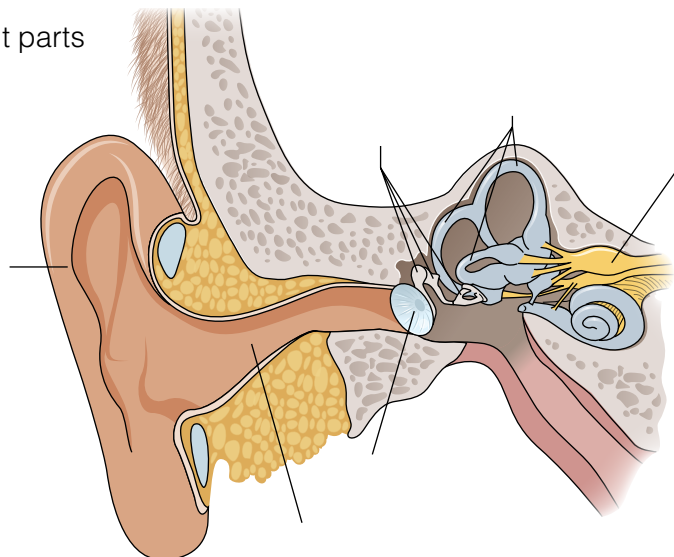
_____ : A color vision deficiency that keeps a person from seeing colors in the way most people do

_____ : Caused by expanded blood vessels on the surface of the eye that are irritated or infected

_____ : Means that a person has a hard time seeing in the dark

Your Ears and How You Hear

6. In the diagram, identify the different parts of the ear.



Protecting Your Hearing

7. If you lose all or part of your hearing, it is unlikely that you will ever get it _____.
8. Most hearing loss is _____.
9. Hearing _____ can help restore some hearing in many situations.
10. What are two ways you can protect your hearing at a concert?

11. Even a _____ exposure to a loud noise can damage the ear and result in some hearing loss.
12. It is also important not to stick _____ into the ears because you might puncture or damage the eardrum.

Common Problems With Hearing

13. Identify the type of hearing loss described.

Sound is not transmitted into the inner ear and is caused by damage to the eardrum, such as a rupture or tear

Damage to the auditory nerve itself so that sound information from the inner ear is not passed to the brain properly

14. _____ is a common hearing problem described as a ringing, buzzing, or other sound present in the ear.

Social Norms and Hearing and Visual Behaviors

15. Name two examples of social norms.

1. _____
2. _____

16. May keep people from wanting to _____ about, _____ themselves against, or seek help for vision or hearing problems.

LESSON 2.3 Healthy Sleep and Rest Note-Taking Guide

Understanding Sleep

1. When you sleep, your body is _____. This means that your body is inactive and without awareness even though your brain is still very active.
2. Some scientists believe that your brain uses sleep to recover from _____, _____ problems, and replenish important chemicals it needs to function.

The Importance of Sleep

3. Complete the unfinished sentences with benefits of a good night's sleep.
 - ✓ Helps the body heal and stay healthy
 - ✓ Reduces risk of _____
 - ✓ Helps the body with growth and development
 - ✓ Improves _____
 - ✓ Reduces _____ and enhances _____
 - ✓ Improves memory and productivity
 - ✓ Increases alertness and _____ risk of accidents
 - ✓ Helps metabolism and can help _____

Getting Enough Sleep

4. Fill in the blanks with the recommended amount of sleep for each age group.

Newborn (0-3 months) _____ hours

Infants (4-12 months) _____ hours

Toddler (1-2 years) _____ hours

Preschool (3-5 years) _____ hours

School age (6-12 years) _____ hours

Teenage (13-18 years) _____ hours

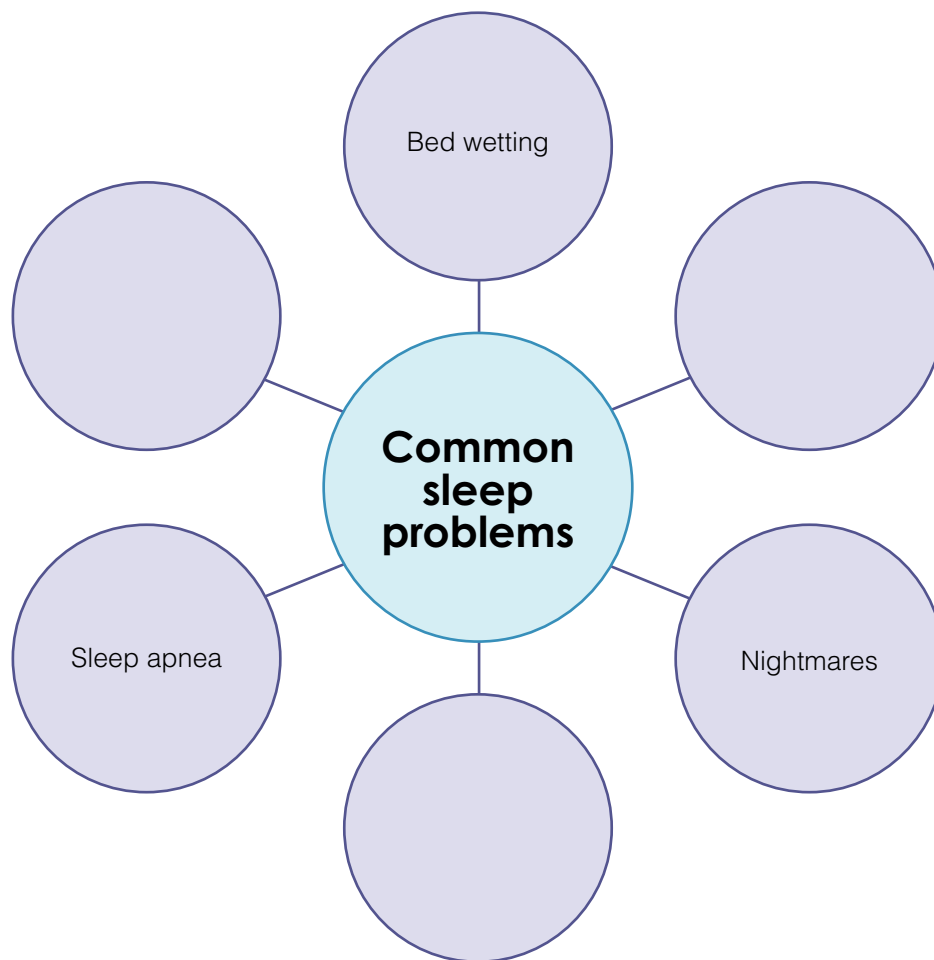
Adult _____ hours

What Happens When You Don't Sleep Enough or Don't Sleep Well?

5. Good quality sleep doesn't just help you feel your best; it also protects you from _____ conditions, diseases, and other challenges to good health.

Common Sleep Problems

6. Almost _____ experiences an occasional disruption to sleep.
7. If your sleep is disrupted night after night, your body develops a _____, and eventually your judgment, focus, and overall function will suffer.
8. In the circles, fill in the blanks with common sleep problems.



Self-Management for Good Sleep

9. List three things you should do every day:

1. _____

2. _____

3. _____

10. Things you should do when preparing to sleep:

Set and follow a _____ schedule. Going to bed at the same time each night and getting up at the same time in the morning helps your body get into a routine.

Avoid _____ (caffeine, screen time) before bed.

_____ before bed. Reading a book or taking a bath can help you relax and fall asleep more easily.

Create a quality sleeping _____ (temperature, darkness, quiet, comfort). You will sleep best in a cool, dark, quiet space that is comfortable.

Managing Your Own Self-Care

1. Define self-care in the first box below and then list three ways to demonstrate self-care.

Self-care:			
↓			

Your Medical History

2. Your medical history can inform decisions you and your health care team make. What types of things should you know about your medical history? Fill in the remaining boxes.

Name, dose, and reason for medications used in the past 6 months.		
	Any past major medical events.	

Routine Medical Screens

3. A _____ is a medical test administered to patients to check for early signs of disease.

Self-Examinations

4. Name three types of self-examinations, and describe the benefits of self-exams.



Being a Health Care Consumer

5. When you use medical services, buy a health-related product, select a physician or other medical professional, or go to the dentist, you are being a health care _____.
6. A _____ is a store that sells legal prescription and OTC drugs.
7. A _____ is an individual who can answer your questions and help you find the product that is best for your situation.

Product Labels

8. The _____ will tell you how much of the product is in the container, how much you need to use or take at one time, and what the ingredients are.
9. With many health-related products, the label also identifies the amount of a(n) _____ ingredient the product has. The active ingredients are the chemicals or drugs in a product responsible for the desired effect.

Comparison Shopping

10. In the blanks in the boxes, identify three things you need to consider before purchasing a product.

U.S. Health Care System

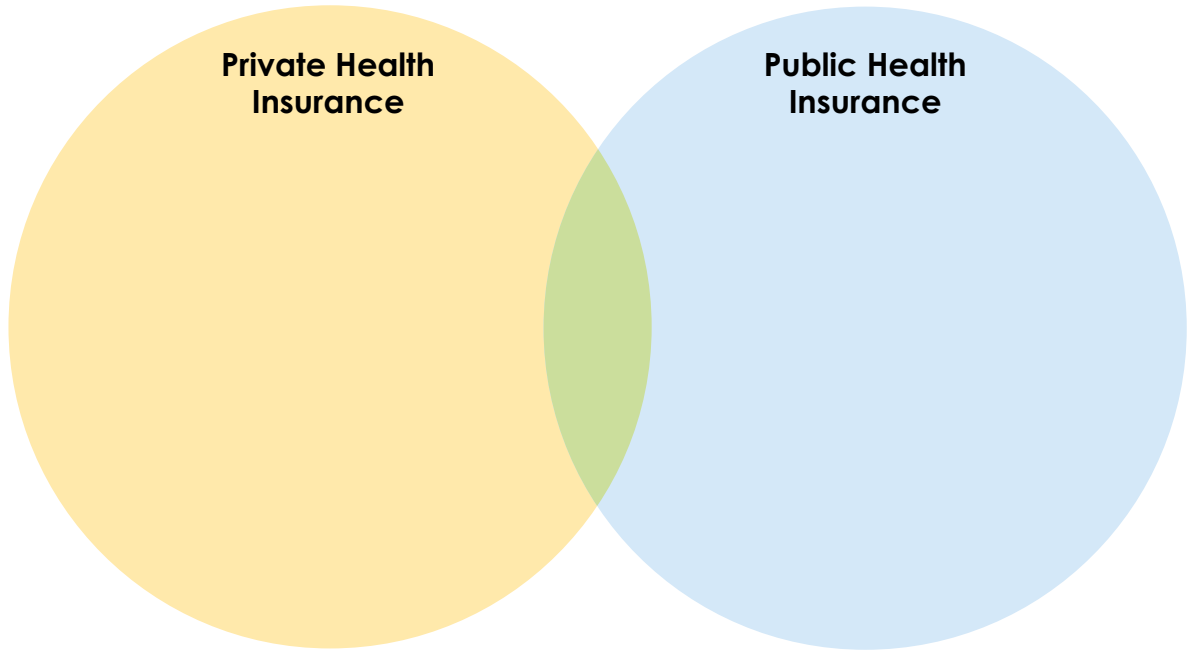
11. Most Americans have some form of health insurance with a majority of people being covered by private insurance plans through their employers. Complete the chart below on common types of health insurance plans.

Managed care	
	Although you have the option to see any medical professional you want, these plans require you to pay on average 20 per-cent of all medical bills out of pocket (by yourself).
Health maintenance organization (HMO)	
Preferred provider organization (PPO)	
	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.

CHAPTER 2 Personal and Consumer Health

Lesson 2.4

12. Health insurance provides financial coverage for all or some medical related expenses in exchange for individuals paying a monthly fee, or premium. Describe the difference between private health insurance and public health insurance in the space below.

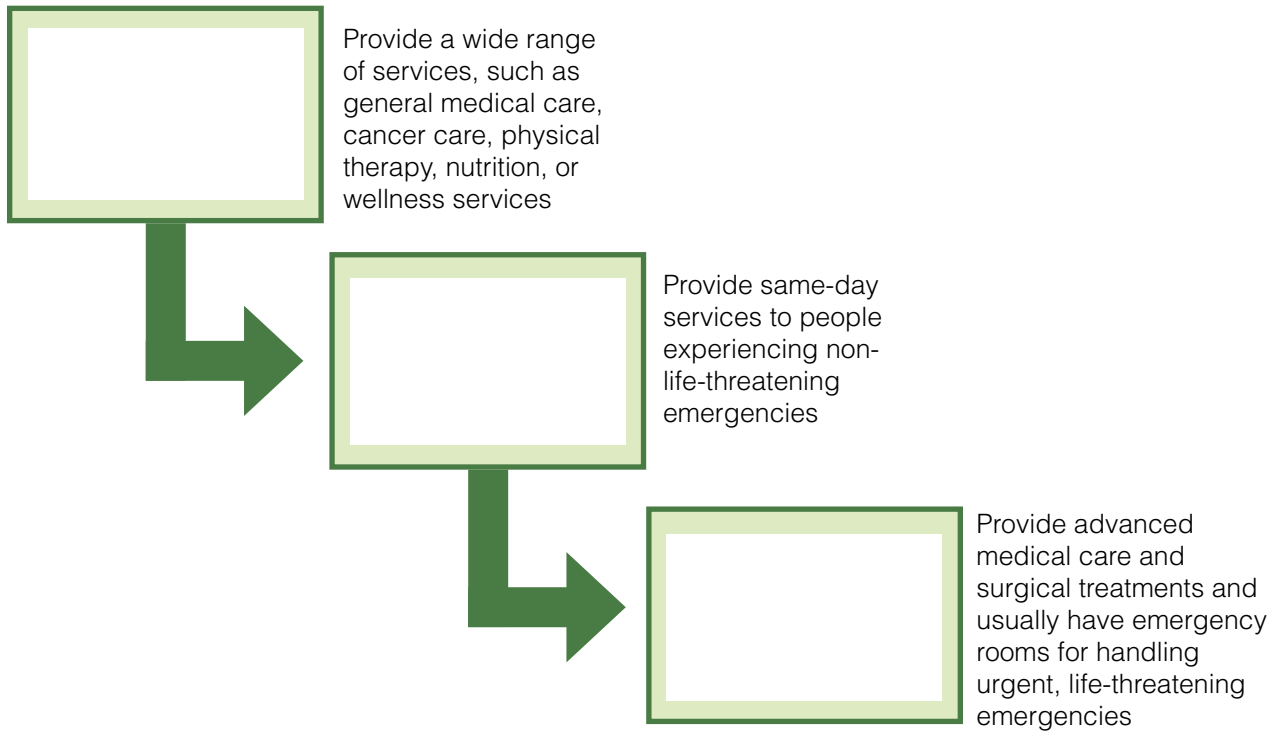


School Health Clinics

13. Many schools have a school nurse or another health care professional who works in an office at the school. When there is such a service at the school, it is called a school health _____ or center.

Other Clinics, Centers, and Hospitals

14. Identify the medical facility in the blanks.



Consumer Rights and Responsibilities

Complete the sentences.

15. As a health care consumer, you have responsibilities, such as

- being honest and forthcoming with _____,
- providing an accurate and complete _____, and
- asking questions when you are _____.

16. As a health care consumer, you have rights, such as

- receiving accurate and easily _____,
- having a choice of _____,
- receiving emergency care _____,
- participating in _____,
- being treated with _____,
- having your _____ remain confidential, and
- receiving a fair, fast, and objective review of complaints against a _____.

Using Assertive Communication

17. Identify the four steps to being assertive:

1.

2.

3.

4.

18. Complete an example of how to be assertive.

I feel _____

when _____

because _____.

I need _____.