Foundations 1E CT Chapter 2

1. Hygiene means keeping your body groomed and clean so you stay healthy.

a. True

b. False

Answer: \_\_\_\_\_

2. What is an example of what could happen if a person doesn't maintain good personal hygiene?

a. have tooth and gum problems

b. lose muscle tone

c. develop type 1 diabetes

d. have memory problems

Answer: \_\_\_\_\_

3. If you pick up a hot dinner plate with your bare hands, how does the skin on your hands and fingers react?

a. The sweat glands in the dermis produce panic sweat, causing the plate to slip from your grasp.

b. The nerves in the dermis layer quickly send you a message that the plate is burning you.

c. The blood vessels in the hypodermis layer contract, causing your muscles to lose their grip.

d. The fifth layer of the epidermis produces extra melanin to protect you from the heat.

Answer: \_\_\_\_\_

4. Your skin wrinkles as you get older due to

a. clogged blood vessels in the hypodermis layer

b. loss of fat in the hypodermis layer

c. loss of oil in the dermis layer

d. loss of protein in the dermis layer

Answer: \_\_\_\_\_

5. Valeria wants to be able to put her hair into an "up-do" for graduation in the spring. Which is the best estimate of how much her hair will grow from the beginning of September to the end of May?

a. 3.5 inches (8.9 cm)

b. 4.5 inches (11.4 cm)

c. 5.5 inches (14.0 cm)

d. 6.5 inches (16.5 cm)

Answer: \_\_\_\_\_

6. Due to anxiety attacks, Melvin often bites his nails. This habit is likely to cause which of the following?

a. fungal infections

b. tooth decay

c. ingrown nails

d. bleeding cuticles

Answer: \_\_\_\_\_

7. What do tooth decay and gum disease have in common?

a. A sticky film called plaque causes both of them.

b. They can worsen if the teeth are crowded.

c. The herpes simplex virus causes both of them.

d. After the adult teeth come in, they are unavoidable.

Answer: \_\_\_\_\_

8. Explain how the media use technology in ways that could affect your own decisions about your appearance.

Answer:

9. If the pupil in your eye didn't change its shape, how would that affect your vision?

a. All objects you see would appear to be the same size.

b. What you see would appear either too dark or too bright.

c. You wouldn't be able to see objects of certain colors.

d. You would be able to see objects close up or far away, but not both.

Answer: \_\_\_\_\_

10. Your eyes take in light, colors, and shapes, but your brain decides what you're looking at.

a. True

b. False

Answer: \_\_\_\_\_

11. What do nearsightedness and farsightedness have in common?

a. Both conditions affect young people more than older people.

b. Both conditions are caused by light not focusing right on the retina.

c. Both conditions have nothing to do with genetics or family history.

d. Both conditions occur because of an abnormality in the optic nerve.

Answer: \_\_\_\_\_

12. Raul has been playing video games all weekend, and he notices that the screen is looking blurry and he has a headache. Raul probably has an eye infection.

a. True

b. False

Answer: \_\_\_\_\_

13. Your sister has been complaining that she is seeing double and her eyes feel dry and irritated. Which is the best suggestion for treating your sister's problem?

a. Administer eye drops once a day.

b. Wear glasses more often instead of contact lenses.

c. Reduce the amount of time she spends online.

d. Increase her intake of foods containing vitamin A.

Answer: \_\_\_\_\_

14. To protect against hearing loss when working in a very loud environment, a person should \_\_\_\_\_\_\_\_\_\_.

a. wear earbuds

b. have the ears checked and cleaned by a physician

c. wear earplugs

d. wear a hearing aid

Answer: \_\_\_\_\_

15. Explain what advocacy is and why it is an important health skill to develop.

Answer:

16. How is sleep related to depression?

a. Lack of good quality sleep increases the likelihood of depression.

b. Sleeping too much increases the likelihood of depression.

c. The amount of quality sleep is unrelated to depression.

d. Sleeping less than usual decreases the likelihood of depression.

Answer: \_\_\_\_\_

17. What conclusion can you draw from the sleep recommendations for different ages?

a. The amount of sleep needed each night is important only for young children.

b. Sleep becomes more difficult as you get older.

c. The amount of sleep you need each night decreases as you get older.

d. The amount of sleep you need each night increases as you get older.

Answer: \_\_\_\_\_

18. Francois is 17, and he normally sleeps nine hours a night. Which statement best describes the amount of sleep he is getting at his stage of life?

a. Francois is sleeping less than the recommended number of hours each night.

b. Francois is sleeping more than the recommended number of hours each night.

c. Francois is sleeping two hours more than the recommended number each night.

d. The number of hours Francois is sleeping each night is in the recommended range.

Answer: \_\_\_\_\_

19. If you have \_\_\_\_\_\_\_\_\_\_, you stop breathing at times while you're sleeping, whereas if you have \_\_\_\_\_\_\_\_\_\_, you suddenly fall asleep at times while you're awake.

a. insomnia; sleep debt

b. sleep debt; insomnia

c. narcolepsy; sleep apnea

d. sleep apnea; narcolepsy

Answer: \_\_\_\_\_

20. Which is the best example of a sleep problem?

a. Rena has a disturbing dream that causes her to wake up nearly every night.

b. James cycles through all the stages of sleep almost every night.

c. Lexi writes in her journal for 10 minutes before going to sleep.

d. Harry goes to bed and wakes up at the same time every day.

Answer: \_\_\_\_\_

21. Why does getting a lot of natural light during the day help you to sleep better at night?

a. You absorb more vitamin D, which is the sleep vitamin.

b. It regulates your body's biological clock.

c. It tires you out so that your sleep is deeper.

d. The UV rays block its stimulating properties.

Answer: \_\_\_\_\_

22. Fiona has been having trouble falling asleep after she goes to bed. To fall asleep more easily, she could

a. get some vigorous exercise just before going to bed

b. drink some warm tea just before going to bed

c. try going to bed at a different time each night

d. turn off the night lights and open the window to cool the bedroom

Answer: \_\_\_\_\_

23. What is a sleep routine?

Answer:

24. Reading before bed is too stimulating and keeps you from relaxing before you sleep.

a. True

b. False

Answer: \_\_\_\_\_

25. Which person is practicing good self-care skills?

a. After listening to a podcast on the subject of nutrition and weight management, Soon-ye decides to try a new diet that includes fasting from 3 p.m. until 7 a.m. every weekday.

b. Curtis' cousin majors in business at the university. Before trying e-cigarettes, Curtis asks his cousin if he thinks vaping is less harmful than smoking.

c. Melanie checks the websites she visits for health information to be sure they are official government sites or are associated with a reputable medical institution.

d. Leslie wants to learn lifesaving skills to help people in need, so she watches a YouTube video showing how to do CPR.

Answer: \_\_\_\_\_

26. What is the main reason to do self-screenings for skin, breast, or testicular cancer once a month?

a. to avoid expensive doctor visits

b. to get cheaper insurance rates

c. to reassure yourself about your overall health and maintain a positive attitude

d. to possibly catch a cancer early when treatments have the best chance for success

Answer: \_\_\_\_\_

27. While walking barefoot, you step on a nail. Your guardian takes you to the urgent care clinic. Which of the following is the most important thing you should be ready to tell the nurse?

a. "I play soccer, so I need to run on that foot."

b. "I know that I'm allergic to penicillin."

c. "I ate breakfast more than four hours ago."

d. "I weigh 135 pounds (15.9 kg), and I'm 5 feet, 6 inches (167.6 cm) tall."

Answer: \_\_\_\_\_

28. What is NOT a part of your medical history?

a. hours of physical exercise you get in one week

b. vitamins you take on a regular basis

c. times you have been in the hospital or had surgery

d. whether anyone in your family has had cancer

Answer: \_\_\_\_\_

29. It's best for a child under the age of 12 years old to go to a pediatrician instead of a primary care doctor.

a. True

b. False

Answer: \_\_\_\_\_

30. Most insurance plans have an annual "out of pocket" limit, which is a \_\_\_\_\_\_\_\_\_\_ amount a person needs to pay each year in addition to their premium.

a. mandatory

b. subsidized

c. minimum

d. maximum

Answer: \_\_\_\_\_

31. Use the basic sentence structure for assertive communication to express a concern about your health care.

Answer: