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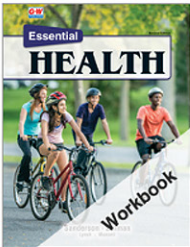
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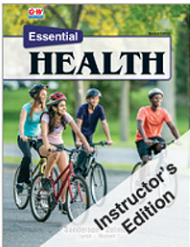
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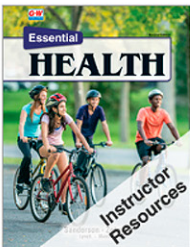
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**Online Student Workbook**

Click here to reach the Workbook.

Workbook questions help the student review the material presented in the chapter.

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## My Bookshelf



### Essential Health, 2nd Edition, Workbook

Author: Catherine Sanderson, Mark Zelman, Melanie Lynch, and Melissa Munsell

Organized to follow the textbook on a chapter-by-chapter basis, providing questions to help the student review the material presented in the chapter. Pages can be printed on demand for assignment, or students can complete their assignments online using embedded form fields and then print or e-mail the responses for grading.



Access Workbook

## Table of Contents

Click to select a Unit or Chapter.

### Table of Contents

#### Front Matter

#### Unit 1 Introduction to Health and Wellness

##### 1 - Understanding Your Health and Wellness

##### 2 - Risk Factors: Behavior, Genes, Environment

#### Unit 2 Nutrition and Food Choices

##### 3 - Nutrition

##### 4 - Body Weight and Composition

##### 5 - Body Image

#### Unit 3 Fitness and Personal Health

##### 6 - Physical Fitness

##### 7 - Sleep

##### 8 - Personal Hygiene and Basic Healthcare

Name \_\_\_\_\_ Date \_\_\_\_\_

### Chapter 1

### Practice Test

**Completion:** Write the term that completes the statement in the space provided.

- The ability to locate, interpret, and apply information pertaining to your health is called health.
  - \_\_\_\_\_ learning is the continuing pursuit of learning and studying throughout life.
  - A \_\_\_\_\_ is someone who purchases goods and services.
  - A 2010 law that expanded access to health insurance to more Americans and included a "Patient's Bill of Rights" was the \_\_\_\_\_.
  - The \_\_\_\_\_ division of the United States Department of Health and Human Services provides leadership, funding, and oversight of the healthcare system.
- True/False:** Indicate whether each statement below is true or false by circling either T or F.
- T F 6. A problem in one dimension of health will not affect other dimensions of health.
  - T F 7. Reliable health information can usually be found on websites with URL stems of .gov, .edu, and .org.
  - T F 8. The size or popularity of a newspaper or magazine is a good indicator of how much you can trust the information it provides.
  - T F 9. Your actions can affect your health.
  - T F 10. The healthcare field employs more people than any other type of business in the United States.

**Multiple Choice:** Write the letter that corresponds to the correct answer in the blank space.

- Which of the following is true about the theories and health claims resulting from pseudoscience?
  - They are based on experimentation and observation.
  - They cannot be repeated.
  - They are verified by other scientists.

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Essential Health, 2nd Edition, Workbook Page 1
 

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Lesson 1.1

### Key Terms Review

**Multiple Choice:** Write the letter that corresponds to the correct answer in the blank space.

- Which of the following refers to a healthy balance of physical, emotional, intellectual, and social health?
  - well-being
  - optimal health
  - wellness
  - disorder
- Which of the following does not describe a disorder?
  - a condition that has a single, specific, identified cause
  - an abnormal mental condition
  - The flu and chicken pox are examples of
  - all of the above
- Cancer, heart disease, and diabetes are examples of \_\_\_\_\_.
  - chronic diseases
  - acute diseases
  - disorders
  - all of the above

**Matching:** Match each description with the name of the dimension of health it describes. Write the letter corresponding to the answer in the blank space. One term will not be used.

- involves communication skills, relationships, and the ability to interact with others
- involves your body, including physical fitness and the ability to cope with everyday physical tasks
- involves your emotions, mood, outlook on life, and beliefs about yourself
- involves your ability to think clearly and critically, learn, and solve

- emotional health
- intellectual health
- physical health
- social health
- optimal health

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