**Final Exam Review Sheet**

**8th Grade**

* **Overall Health**
	+ - **Physical**
		- **Mental**
		- **Social**
* **Nutrition**
	+ - **Eating disorders**
		- **Food label**
		- **5 food groups**
		- **6 essential nutrients**
* **Fitness**
	+ - **Overload principle**
		- **Muscles**
		- **Aerobic vs Anaerobic**
		- **5 components**
		- **Target heart rate**
* **First Aid**
	+ - **Good Samaritan:**
		- **RICE:**
		- **3 Types of Wounds:**
		- **FAST:**
		- **Burns:**
* **Abstinence/ STD’s**
	+ - **Abstinence:**
		- **HIV:**
		- **STD/ STI:**
* **Drugs**
	+ - **Marijuana:**
		- **Pills:**
		- **Inhalants:**
		- **Tolerance/ withdrawal**
* **Alcohol/ Tobacco**
	+ - **DWI/ DUI:**
		- **Zero Tolerance Law:**
		- **Tobacco:**

**Final Exam Review Sheet**

**8th Grade Answer Sheet**

* **Overall Health ( 3 components )**
	+ - **Physical**
1. **Brushing teeth**
2. **Exercise**
3. **Healthy Diet**
4. **Hygiene**
	* + **Mental**
5. **Puzzles**
6. **Games**
7. **Reading**
8. **Journaling**
	* + **Social**
9. **Friends**
10. **Family**
11. **Communication**
12. **Sports**
* **Nutrition**
	+ - **Eating Disorders**
1. **Bulimia & Anorexia**
	* + **Food label**
2. **Total Calories**
3. **Carbohydrates**
4. **Fats/ Serving Size**
	* + **5 food groups**
5. **Grains: Bread, pasta, rice**
6. **Vegetables: beans, peas, carrots, squash**
7. **Fruits: apple, banana, grapes**
8. **Dairy/ Milk: Yogurt, milk, cheese**
9. **Meat & Beans: Chicken, steak, ham**
	* + **6 essential nutrients**
10. **Carbohydrates:**

**Starches/sugars= energy**

**Simple: Fruit & Sugar**

 **Complex: Bread & potatoes**

1. **Protein:**

**Build/ repair & maintain muscles/ tissues**

**Complete: 8 amino acids ( animals )**

**Incomplete: Missing at least 1 ( plant )**

1. **Water:**

**Carries nutrients, lubricates joints and helps with temperature control**

**60% of the body**

**90% of the blood**

1. **Vitamins**

**Substances needed to help regulate the body**

**Water-soluble: cannot be stored in the body ( c & B)**

**Fat-soluble: can be stored in the body ( a & d )**

1. **Minerals**

**Elements needed for bone growth and daily elimination**

1. **Fats**

**A source of energy**

**Saturated: solid fats- butter**

**Unsaturated: liquid fats- oils**

* **Fitness**
	+ - **Overload principle**
1. **Frequency- do the activity more often**
2. **Intensity- Do the activity more strenuously**
3. **Duration- Do the activity for longer periods of time**
	* + **Muscles**
4. **Protein**
5. **Warm up/cool down**
6. **Calisthenics- using your body weight against gravity**
7. **Weight Lifting- building muscles using machines**
	* + **Aerobic vs Anaerobic**
8. **Aerobic- Lung and Heart. Paced or moderate activity for a long period of time**
	* **Running, swimming**
9. **Anaerobic- short and intense spurts of energy**
	* **Sprints, weight lifting**
* **Target heart Rate Formula🡪 220-age x.75**
* **5 components**
	1. **Cardiovascular Endurance**
		+ **Works the heart and lungs**
	2. **Muscular Endurance**
		+ **How long your muscles can work for**
	3. **Muscular Strength**
		+ **How strong your muscles are**
	4. **Body Composition**
		+ **Muscle, fat and bone that make up your body**
	5. **Flexibility**
		+ **Movement of the joints**
* **First Aid**
	+ - **Good Samaritan: law protecting that help others using reasonable care**
		- **RICE: Rest, Ice, Compression, Elevation**
		- **3 Types of Wounds:**
			1. **Laceration- cut. Wrap tightly**
			2. **Abrasion- brush burn. Wrap loosely**
			3. **Puncture- hole. Wrap. (sliver) Tightly. Don’t remove if object is larger than a quarter**
		- **FAST: (stroke)**
			1. **Facial Numbness**
			2. **Arm numbness**
			3. **Speech**
			4. **Time**
		- **Burns:**
			1. **1st degree (1st layer of skin. Epidermis)- sun burn**
			2. **2nd degree (1st 2 layers of skin. Dermis)- blisters**
			3. **3rd degree burn( all layers of skin)- emergency care**
* **Abstinence/ STD**
	+ - **Abstinence:**
1. **Refraining from sexual activity until marriage**
	* + **HIV:**
2. **human immunodeficiency virus**
3. **acquired immunodeficiency syndrome**
4. **AIDS= below 200 white blood cell count**
5. **Immune system ( CD4 cells and helper T cells )**
6. **Blood, semen, vaginal fluid, breast milk**
	* + **STD/ STI:**
7. **Sexually Transmitted Disease & Infection**
8. **Chlamydia, gonorrhea, syphilis = antibiotics available**
9. **Herpes, HPV, HIV, Hepatitis = no cure**
10. **Teen, females, heterosexual= most infected group**
	* + **Puberty:**
11. **Estrogen/ testosterone**
12. **Menstrual cycle**
13. **Growth spurt**
* **Drugs**
	+ - **Marijuana:**
			1. **Most commonly abused drug**
			2. **THC addictive ingredient**
			3. **40 cancer causes chemicals**
		- **Pills:**
			1. **Unidentified**
			2. **Rising problem due to easy accessibility**
		- **Inhalants:**
			1. **Most popular for this age group**
			2. **Deadly**
			3. **Easily assessable in homes**
		- **Tolerance/ withdrawal**

**Tolerance: Needing more and more of the drug to get the same high**

**Withdrawal: Physical symptoms from lack of the drug (shaking, sweating, vomiting)**

* **Alcohol/ Tobacco**
	+ - **DWI/ DUI:**
			1. **.08- DWI- Driving while intoxicated**
			2. **.02- DUI- Driving under the influence**
		- **Zero Tolerance Law:**
			1. **No tolerance for under the age 21**
		- **Tobacco/Nicotine:**
1. **Addictive drug in cigarettes; nicotine**
2. **4000 chemicals in a cigarette**
3. **Tar, benzene, carbon monoxide= main chemicals**
	* + **Carcinogen:**
4. **Cancer causing substance**