

Adult Basic Education

Healthy Living

Healthy Living 3101

Study Guide

Prerequisite: None

Credit Value: 1

Resources: Pearson Education, Inc. (2007). *Life Skills Health*. Shoreview: Pearson AGS Globe.

Pearson Education, Inc. (2007). *Life Skills Health Student Workbook*. Shoreview: Pearson AGS Globe.

<u>Healthy Living Courses [Adult Oriented Electives]</u>
Healthy Living 3101
Healthy Living 3102
Healthy Living 3103



Table of Contents

To the Student	v
Introduction to Healthy Living 3101	v
Use of Healthy Living Study Guides	vi
Recommended Evaluation	vii
Unit 1 – Maintaining Health & Wellness	1
Unit 2 – Managing Emotions	4
Unit 3 – Maintaining Mental Health	7
Unit 4 – Recognizing Mental Health Problems	10
Unit 5 – Identifying Human Body Systems	13
Unit 6 – Maintaining Personal Hygiene & Fitness	19

To the Student

I. Introduction to Healthy Living 3101

Healthy Living 3101 is the first of three courses designed to help you learn about mental, emotional, social and physical health. You will receive one credit upon completion of this course. Healthy Living 3101 is a prerequisite for both Healthy Living 3102 and Healthy Living 3103.

In Unit 1, *Maintaining Health and Wellness*, you will discover what it means to have good health. You will also discover how to apply this information in your own lives. You will describe physical, social and emotional health and recognize the principles of good health. You will identify causes of health risks and evaluate and recognize the power to change personal health.

In Unit 2, *Managing Emotions*, you will learn how to keep the mind and body healthy by understanding emotions and stress. You will also learn about common needs that people have and how these needs affect their emotions.

In Unit 3, *Maintaining Mental Health*, you will learn what affects mental health. You will learn about the characteristics of mentally healthy people and healthy relationships. You will also learn some ways that they can improve and maintain good mental and emotional health.

In Unit 4, *Recognizing Mental Health Problems*, you will learn about some of the symptoms of poor mental health and some self-defeating behaviors. You will learn about mental disorders and what can be done for them. You will learn some ways to improve your emotional well-being.

In Unit 5, *Identifying Human Body Systems*, you will learn about the body's systems and how they work together. You will learn about the skeletal and muscular systems. You will then learn about the nervous system, the sense organs, and the endocrine system. Next, you will learn about the respiratory and circulatory systems and the digestive and excretory systems. Finally, you will learn about the body's protective covering – the skin, hair, and nails.

In Unit 6, *Maintaining Personal Hygiene and Fitness*, you will learn about ways to take care of yourself and stay healthy. You will also learn about the importance of exercise, fitness, and rest to your health. You will learn how these actions are important to social and emotional well-being. Finally, you will have the opportunity to create a fitness plan for yourself.

One textbook and one workbook are required for this course: ***Life Skills Health*** by Pearson Education (2007) and ***Life Skills Health Student Workbook*** by Pearson Education (2007).

To the Student

II. Use of Healthy Living Study Guides

Before beginning this course, ensure you have the text and any other resources needed (*see the information in the Introduction to this course for specifics*).

As you work through the Study Guide, you will see that it is divided according to the Units listed in the Table of Contents. When you open a unit it will have the following components:

Reading for this Unit:

Here you will find the chapters, sections and pages of the text you will use to cover the material for this unit. Skim the sections of the textbook, look at the titles of the sections, scan the figures and read any material in the margins. Once you have this overview of the unit, you are ready to begin. Do not be intimidated by the content. You will work through the text, section by section, gaining knowledge and understanding of the material as you go.

References and Notes	Work to Submit
This left hand column guides you through the material to read from the text. Read any highlighted notes that follow the reading instructions. The symbols   direct you to the questions that you should complete when finished a reading assignment.	<p>You come across three (3) headings in this right hand column.</p> <p>Writing: This section comprises your notes for the unit. Here you will find either written questions or references to specific questions or problems from your text. You may want to write out each question followed by the answer. This material should be checked by your instructor before moving on to the next unit.</p> <p>Assignment: This section indicates if there is an assignment that should be completed for the Unit. The information in the “References and Notes” column will indicate how you obtain the assignment. Some assignments may be submitted digitally while others will involve a hard copy. Ensure you read the directions carefully and speak to your instructor to determine which format is required.</p> <p>Portfolio: This section indicates if there is work to be completed and placed in your portfolio. The information in the “References and Notes” column will indicate how you obtain the assignment. You should have your instructor check your portfolio periodically to ensure high quality work. Portfolios containing all required work must be submitted to your instructor for marking when you near completion of the course.</p>

To the Student

III. Recommended Evaluation

Written Notes	10%
Portfolio	15%
Workbook Activities	15%
Test(s)	20%
Final Exam	<u>40%</u>
	100%

Unit 1 – Maintaining Health & Wellness

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 1, pages 2 – 25

References and Notes	Work to Submit
<p><i>Read pages 4 – 5 and refer to page 6 to complete question 1.1</i> ►►</p> <p><i>Refer to page 5 to complete question 1.2. Place your work in your portfolio</i> ►►</p> <p><i>Refer to the Student Workbook to complete question 1.3</i> ►►</p> <p><i>Refer to page 7 to write an answer for question 1.4</i> ►►</p> <p><i>Refer to page 8 to write an answer for question 1.5</i> ►►</p> <p><i>Refer to page 9 to write an answer for question 1.6</i> ►►</p> <p><i>Read pages 7 – 9 and refer to page 10 to complete question 1.7</i> ►►</p>	<p>Writing:</p> <p>1.1 Answer questions 1 – 5 under <i>Lesson 1 Review</i>.</p> <p>Portfolio:</p> <p>1.2 Read and complete questions 1 – 3 in the <i>Health in Your Life</i> feature. In a paragraph, describe the things on the list you currently practice. If there are things you do not practice, brainstorm changes you can make in your life to start these practices.</p> <p>Writing:</p> <p>1.3 Complete <i>Workbook Activity 1: The Three Parts of Good Health</i>.</p> <p>1.4 What is disease?</p> <p>1.5 What are eight basic steps to staying healthy?</p> <p>1.6 What is wellness?</p> <p>1.7 Answer questions 1 – 5 under <i>Lesson 2 Review</i>.</p>

Unit 1 – Maintaining Health & Wellness

References and Notes	Work to Submit
<p><i>Complete question 1.8 and place your writing in your portfolio</i> ►►</p>	<p>Portfolio:</p> <p>1.8 Using the eight steps to staying healthy as a guide, make a list of the things you do every day to maintain good health and wellness. Also list changes you could make in your behaviors that would improve your health.</p>
<p><i>Refer to the Student Workbook to complete question 1.9</i> ►►</p> <p><i>Refer to page 11 to write answers for questions 1.10 – 1.12</i> ►►</p>	<p>Writing:</p> <p>1.9 Complete <i>Workbook Activity 2: Health and Wellness Word Scramble</i>.</p> <p>1.10 What is a health risk?</p>
<p><i>Refer to page 12 to write an answer for question 1.13</i> ►►</p> <p><i>Refer to page 13 to write an answer for question 1.14</i> ►►</p> <p><i>Refer to pages 14 – 15 to write answers for questions 1.15 – 1.16</i> ►►</p>	<p>1.11 What is heredity? How does heredity cause health risks?</p> <p>1.12 What is the physical environment? How does the physical environment cause health risks?</p> <p>1.13 What is the social environment? How does the social environment cause health risks?</p> <p>1.14 What is culture? How does culture cause health risks? How can cultural risks be decreased?</p>
<p><i>Refer to page 16 to write answers for questions 1.17 – 1.18</i> ►►</p>	<p>1.15 What are some examples of behavioral risks?</p> <p>1.16 How do alcohol, tobacco and other drugs negatively impact health?</p>
<p><i>Refer to the Student Workbook to complete question 1.19</i> ►►</p>	<p>1.17 How does failing to observe safety rules in the home cause health risks?</p> <p>1.18 Answer questions 1 – 5 under <i>Lesson 3 Review</i>.</p>
	<p>1.19 Complete <i>Workbook Activity 3: Types of Health Risks</i>.</p>

Unit 1 – Maintaining Health & Wellness

References and Notes	Work to Submit
<p><i>Refer to page 17 to write an answer for question 1.20</i> ►►</p> <p><i>Read pages 17 – 21 and complete question 1.21</i> ►►</p> <p><i>Refer to the Student Workbook to complete question 1.22</i> ►►</p> <p><i>Refer to pages 24 – 25 and complete question 1.23</i> ►►</p> <p>Note: This is the end of Unit 1. You should check with your instructor to see if there is review work or any other additional work for this unit.</p>	<p>Writing:</p> <p>1.20 What is the difference between a short-term and long-term goal?</p> <p>1.21 Answer questions 1 – 5 under <i>Lesson 4 Review</i>.</p> <p>1.22 Complete <i>Workbook Activity 4: Changing Behaviors</i>.</p> <p>1.23 Complete questions 1 – 20 under <i>Chapter 1 Review</i>.</p>

Unit 2 – Managing Emotions

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 2, pages 26 – 47

References and Notes	Work to Submit
<p><i>Refer to page 28 to write answers for questions 2.1 – 2.3</i> ►►</p>	<p>Writing:</p> <ol style="list-style-type: none">2.1 What are emotions?
	<ol style="list-style-type: none">2.2 What is the purpose of emotions?
	<ol style="list-style-type: none">2.3 What is body language?
<p><i>Refer to pages 29 – 32 to write answers for questions 2.4 – 2.6</i> ►►</p>	<ol style="list-style-type: none">2.4 List and describe Maslow's five basic needs.
	<ol style="list-style-type: none">2.5 What is the difference between family love and romantic love?
	<ol style="list-style-type: none">2.6 What is self-concept?
	<ol style="list-style-type: none">2.7 Answer questions 1 – 5 under <i>Lesson 1 Review</i>.
	<ol style="list-style-type: none">2.8 Complete <i>Workbook Activity 5: What is Maslow's Hierarchy of Needs?</i>
	<ol style="list-style-type: none">2.9 What is stress?
	<ol style="list-style-type: none">2.10 What is the stress response? What are three physical reactions to stress?
	<ol style="list-style-type: none">2.11 What is meant by the “fight or flight” response to stress?
	<ol style="list-style-type: none">2.12 What are three life events that cause stress?
	<ol style="list-style-type: none">2.13 Answer questions 1 – 3 under <i>Lesson 2 Review</i>.

Unit 2 – Managing Emotions

References and Notes	Work to Submit
<p><i>Refer to the Student Workbook to complete question 2.14</i> ►►</p>	<p>Writing:</p> <p>2.14 Complete Workbook Activity 6: <i>Identify the Statements.</i></p>
<p><i>Refer to pages 38 – 39 to write answers for questions 2.15 – 2.22</i> ►►</p>	<p>2.15 Which emotions are linked to stress?</p>
	<p>2.16 What is fear?</p>
	<p>2.17 How does your body react to fear?</p>
	<p>2.18 What is anxiety?</p>
	<p>2.19 What is the best way to deal with fear?</p>
	<p>2.20 What is anger?</p>
	<p>2.21 What is aggression?</p>
	<p>2.22 What is the best way to deal with anger?</p>
	<p>2.23 What is grief?</p>
	<p>2.24 What are the common reactions to grief?</p>
	<p>2.25 What is relief?</p>
	<p>2.26 What is meant by cope?</p>
	<p>2.27 What are three things you can do to cope with a problem?</p>
	<p>2.28 What are five other actions that can relieve stress?</p>
	<p>2.29 Answer questions 1 – 5 under <i>Lesson 3 Review</i>.</p>

Unit 2 – Managing Emotions

References and Notes	Work to Submit
<p>Refer to page 44 to complete question 2.30 ►►</p>	<p>Portfolio:</p> <p>2.30 Answer questions 1 – 3 under <i>Health in Your Life: Stress Management Plan</i>. Place your written answers in your portfolio.</p>
<p>Refer to the Student Workbook to write an answer for question 2.31 ►►</p>	<p>Writing:</p> <p>2.31 Complete <i>Workbook Activity 7: Emotions and Stress</i>.</p>
<p>Refer to pages 46 – 47 to complete question 2.32 ►►</p> <p>Note: This is the end of Unit 2. You should check with your instructor to see if there is review work or any other additional work for this unit.</p>	<p>2.32 Answer questions 1 – 20 under <i>Chapter 2 Review</i>.</p>

Unit 3 – Maintaining Mental Health

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 3 pages 48 – 73

References and Notes	Work to Submit
<p>Refer to pages 50 – 52 to write answers for questions 3.1 – 3.7</p> <p>►►</p>	<p>Writing:</p> <ol style="list-style-type: none">3.1 What is personality?3.2 What is temperament?3.3 What three main factors influence your self-concept?3.4 What is a social message?3.5 What is social esteem?3.6 What is well-being?3.7 What is the difference between physical, emotional, social and personal well-being?
<p>Refer to page 52 to complete question 3.8</p> <p>►►</p>	<p>Portfolio:</p> <ol style="list-style-type: none">3.8 Answer questions 1 – 3 under <i>Health in Your Life: Create Your Own Support System</i>. Place your written answers in your portfolio.
<p>Refer to pages 53 – 54 to write answers for questions 3.9 – 3.10</p> <p>►►</p> <p>Refer to the Student Workbook to complete question 3.11</p> <p>►►</p>	<p>Writing:</p> <ol style="list-style-type: none">3.9 Briefly outline how to practice healthy behaviors in all four areas of your well being.3.10 Answer questions 1 – 5 under <i>Lesson 1 Review</i>.3.11 Complete Workbook Activity 8: <i>Mental Health: Personality, Well-Being, and Self-Concept</i>.

Unit 3 – Maintaining Mental Health

References and Notes	Work to Submit
<p>Refer to page 56 to complete question 3.12 </p>	<p>Portfolio:</p> <p>3.12 Answer questions 1 – 2 under <i>Decide for Yourself</i>. Place your written answers in your portfolio.</p>
<p>Refer to page 57 to write answers for questions 3.13 – 3.14 </p>	<p>Writing:</p> <p>3.13 What is meant by compromise?</p>
<p>Refer to pages 58 – 59 to write answers for questions 3.15 – 3.16 </p>	<p>3.14 What is an impulse?</p>
<p>Refer to page 60 to complete question 3.17 </p>	<p>3.15 What are four helpful thinking styles for good emotional health? Briefly describe each one.</p>
<p>Refer to the Student Workbook to complete question 3.18 </p>	<p>3.16 What is meant by resilient?</p>
<p>Refer to pages 61 – 63 to write answers for questions 3.19 – 3.21 </p>	<p>3.17 Answer questions 1 – 5 under <i>Lesson 2 Review</i>.</p>
<p>Refer to page 65 to complete question 3.22 </p>	<p>3.18 Complete <i>Workbook Activity 9: Emotional Statements</i>.</p>
<p>Refer to the Student Workbook to complete question 3.23 </p>	<p>3.19 What are the characteristics of a healthy relationship?</p>
<p>Refer to pages 66 – 69 to write answers for questions 3.24 – 3.27 </p>	<p>3.20 What are three ways to communicate effectively?</p>
	<p>3.21 What are three ways to listen effectively?</p>
	<p>3.22 Answer questions 1 – 5 under <i>Lesson 3 Review</i>.</p>
	<p>3.23 Complete <i>Workbook Activity 10: Relationships</i>.</p>
	<p>3.24 What is self awareness?</p>
	<p>3.25 What is social comparison?</p>

Unit 3 – Maintaining Mental Health

References and Notes	Work to Submit
<p>Refer to page 70 to complete question 3.28 </p>	<p>Writing:</p> <p>3.26 What is prejudice?</p> <p>3.27 What is social support? How does it improve emotional health?</p> <p>3.28 Answer questions 1 – 5 under <i>Lesson 4 Review</i>.</p>
<p>Refer to the Student Workbook to complete question 3.29 </p>	<p>3.29 Complete <i>Workbook Activity 11: Cause and Effect</i>.</p>
<p>Refer to pages 72 – 73 to complete question 3.30 </p>	<p>3.30 Answer questions 1 – 20 under <i>Chapter 3 Review</i>.</p>

Note: This is the end of Unit 3. You should check with your instructor to see if there is review work or any other additional work for this unit.

Unit 4 – Recognizing Mental Health Problems

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 4 pages 74 – 95

References and Notes	Work to Submit
<p>Refer to pages 76 – 77 to write answers for questions 4.1 – 4.5</p> <p>►►</p>	<p>Writing:</p> <p>4.1 What is meant by the term abnormal?</p> <p>4.2 What does a psychologist do?</p> <p>4.3 What are self-defeating behaviors?</p> <p>4.4 List and describe two common forms of self-defeating behavior.</p> <p>4.5 Describe the following defense mechanisms:</p> <ul style="list-style-type: none">a. repressionb. denialc. projectiond. displacement
<p>Refer to page 79 to complete question 4.6</p> <p>►►</p>	<p>4.6 Answer questions 1, 4 and 5 under <i>Lesson 1 Review</i>.</p>
<p>Refer to the Student Workbook to complete question 4.7</p> <p>►►</p>	<p>4.7 Complete <i>Workbook Activity 12: Defence Mechanisms</i>.</p>
<p>Refer to pages 80 – 81 to write answers for questions 4.8 – 4.15</p> <p>►►</p>	<p>4.8 What is a substance abuse disorder?</p> <p>4.9 What is an anxiety disorder?</p> <p>4.10 What is a panic attack?</p> <p>4.11 What is social anxiety disorder?</p> <p>4.12 What is a phobia?</p>

Unit 4 – Recognizing Mental Health Problems

References and Notes	Work to Submit
<p><i>Refer to pages 82 – 83 to write answers to questions 4.16 – 4.19</i></p>	<p>Writing:</p> <p>4.13 What is an affective disorder?</p> <p>4.14 What is clinical depression?</p> <p>4.15 What is bipolar disorder?</p>
<p><i>Refer to page 84 to complete question 4.20</i> ►►</p>	<p>4.16 What is a thought disorder?</p> <p>4.17 What is a hallucination?</p> <p>4.18 What is a delusion?</p> <p>4.19 What is an eating disorder?</p> <p>4.20 Answer questions 1 – 5 under <i>Lesson 2 Review</i>.</p>
<p><i>Refer to the Student Workbook to complete question 4.21</i> ►►</p>	<p>4.21 Complete <i>Workbook Activity 13: Mental Disorders</i>.</p>
<p><i>Refer to page 85 to write answers for questions 4.22 – 4.26</i> ►►</p>	<p>4.22 What is the first step in treating substance abuse disorders? How are substance abuse disorders treated?</p> <p>4.23 How are physically-based anxiety disorders treated?</p> <p>4.24 What is psychotherapy?</p> <p>4.25 What is behavior modification?</p> <p>4.26 What is cognitive therapy?</p>
<p><i>Refer to pages 86 – 87 to write answers for questions 4.27 – 4.28</i></p>	<p>4.27 How is mild depression treated? How is clinical depression treated?</p> <p>4.28 How are thought disorders and eating disorders treated?</p>

Unit 4 – Recognizing Mental Health Problems

References and Notes	Work to Submit
<p>Refer to page 86 to complete question 4.29 ►►</p>	<p>Portfolio:</p> <p>4.29 Answer questions 1 and 2 under <i>Health in Your Life</i>. Place your written answers in your portfolio.</p>
<p>Refer to page 88 to complete question 4.30 ►►</p>	<p>Writing:</p> <p>4.30 Answer questions 1 – 5 under <i>Lesson 3 Review</i>.</p>
<p>Refer to page 88 to complete question 4.31 ►►</p>	<p>Portfolio:</p> <p>4.31 Answer questions 1 and 2 under <i>Decide for Yourself</i>. Place your written answers in your portfolio.</p>
<p>Refer to the Student Workbook to complete question 4.32 ►►</p>	<p>Writing:</p> <p>4.32 Complete <i>Workbook Activity 14: Treating Mental Disorders</i>.</p>
<p>Refer to pages 90 – 91 to complete question 4.33 ►►</p>	<p>4.33 Answer questions 1 – 20 under <i>Chapter 4 Review</i>.</p>
<p>Refer to pages 94 – 95 to complete question 4.34 ►►</p>	<p>4.34 Answer questions 1 – 20 under <i>Unit 1 Review</i>.</p>
<p>Note: This is the end of Unit 4. You should check with your instructor to see if there is review work or any other additional work for this unit.</p>	

Unit 5 – Identifying Human Body Systems

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 5 pages 98 – 125

References and Notes	Work to Submit
<p><i>Refer to pages 100 – 101 to write answers for questions 5.1 – 5.6</i></p> <p>►►</p>	<p>Writing:</p> <ol style="list-style-type: none"><li data-bbox="654 699 1445 741">5.1 What are the purposes of bones?<li data-bbox="654 772 1445 815">5.2 What is a nutrient?<li data-bbox="654 846 1445 931">5.3 What are the four basic kinds of bones? Give an example of each.<li data-bbox="654 963 1445 1047">5.4 What are three types of joints? Give an example of each.<li data-bbox="654 1079 1445 1121">5.5 What is a ligament?<li data-bbox="654 1153 1445 1195">5.6 What is the function of bone marrow?
<p><i>Refer to pages 102 – 103 to write answers for questions 5.7 – 5.11</i></p> <p>►►</p>	<ol style="list-style-type: none"><li data-bbox="654 1248 1445 1332">5.7 What are the three basic types of muscles? Give an example of each.<li data-bbox="654 1364 1445 1406">5.8 What are tendons?<li data-bbox="654 1438 1445 1480">5.9 How do muscles produce movement?<li data-bbox="654 1512 1445 1554">5.10 What is muscle tone?
<p><i>Refer to the Student Workbook to complete question 5.12</i></p> <p>►►</p> <p><i>Refer to pages 104 – 105 to write answers for questions 5.13 – 5.18</i></p> <p>►►</p>	<ol style="list-style-type: none"><li data-bbox="654 1586 1445 1628">5.11 Answer questions 1 – 5 under <i>Lesson 1 Review</i>.<li data-bbox="654 1660 1445 1744">5.12 Complete <i>Workbook Activity 15: The Skeletal and Muscular System</i>.<li data-bbox="654 1807 1445 1850">5.13 What makes up the central nervous system?

Unit 5 – Identifying Human Body Systems

References and Notes	Work to Submit
<p><i>Refer to pages 106 – 107 to write answers for questions 5.19 – 5.20</i></p> <p>►►</p> <p><i>Refer to pages 109 – 110 to write answers for questions 5.21 – 5.25</i></p> <p>►►</p>	<p>Writing:</p> <p>5.14 What are the three main parts of the brain? What is the function of each part?</p> <p>5.15 What is the function of the medulla?</p> <p>5.16 What is the function of the spinal cord?</p> <p>5.17 What is the function of the spinal column?</p> <p>5.18 What is the peripheral nervous system? What does it do?</p> <p>5.19 What is a reflex?</p> <p>5.20 Describe the function of the following parts of the eye:</p> <ul style="list-style-type: none">a. corneab. pupilc. lensd. retinae. optic nerve <p>5.21 Describe the function of the following parts of the ear:</p> <ul style="list-style-type: none">a. eardrumb. middle ear (anvil, hammer & stirrup)c. auditory nerve <p>5.22 What is the purpose of receptor cells in the tongue and nose?</p> <p>5.23 What four kinds of taste can the tongue detect?</p> <p>5.24 What is the function of taste buds?</p> <p>5.25 What sense receptors are found on the skin?</p>

Unit 5 – Identifying Human Body Systems

References and Notes	Work to Submit
<p>Refer to page 109 to complete question 5.26 ►►</p>	<p>Writing:</p> <p>5.26 Answer questions 1, 2, 4 and 5 under <i>Lesson 2 Review</i>.</p>
<p>Refer to the Student Workbook to complete question 5.27 ►►</p>	<p>5.27 Complete <i>Workbook Activity 16: The Nervous System and Sense Organs</i>.</p>
<p>Refer to pages 110 – 111 to write answers for questions 5.28 – 5.35 ►►</p>	<p>5.28 What is a gland?</p>
	<p>5.29 What are produced by endocrine glands?</p>
	<p>5.30 What is a hormone?</p>
	<p>5.31 How does the pituitary gland affect the body's growth?</p>
	<p>5.32 What is metabolism?</p>
	<p>5.33 How does the thyroid gland impact metabolism?</p>
	<p>5.34 What are the functions of the adrenal glands?</p>
	<p>5.35 What does adrenaline do?</p>
	<p>5.36 Answer questions 1 – 5 under <i>Lesson 3 Review</i>.</p> <p>5.37 Complete <i>Workbook Activity 17: The Endocrine Web</i>.</p>
	<p>5.38 What is the function of blood?</p>
	<p>5.39 List and describe the three components of blood.</p>
	<p>5.40 What is a pulse?</p>
	<p>5.41 List and describe the three kinds of blood vessels.</p>

Unit 5 – Identifying Human Body Systems

References and Notes	Work to Submit
<p>Refer to pages 114 – 115 to write answers for questions 5.43 – 5.45</p> <p>►►</p>	<p>Writing:</p> <p>5.42 What is blood pressure?</p>
<p>Refer to page 115 to complete question 5.46</p> <p>►►</p>	<p>5.43 What is respiration?</p> <p>5.44 Trace the path of air from the mouth to the alveoli.</p>
<p>Refer to the Student Workbook to complete question 5.47</p> <p>►►</p>	<p>5.45 How do the diaphragm and ribs force air into and out of the lungs?</p> <p>5.46 Answer questions 4 and 5 under <i>Lesson 4 Review</i>.</p>
	<p>5.47 Complete <i>Workbook Activity 18: The Circulatory and Respiratory Systems</i>.</p> <p>5.48 What is digestion?</p> <p>5.49 What is saliva?</p> <p>5.50 What is an enzyme?</p> <p>5.51 What happens to food when it enters the mouth?</p> <p>5.52 What is the esophagus?</p> <p>5.53 What happens to food when it enters the stomach?</p> <p>5.54 What is the small intestine?</p> <p>5.55 What are villi? What do villi do?</p> <p>5.56 Which organ produces bile? What is the function of bile? Where is it stored?</p> <p>5.57 Which organ produces insulin? What does insulin do?</p> <p>5.58 What is the function of the large intestine?</p>

Unit 5 – Identifying Human Body Systems

References and Notes	Work to Submit
<p>Refer to pages 118 – 119 to write answers for questions 5.59 – 5.63</p> <p>►►</p>	<p>Writing:</p> <p>5.59 What is feces?</p>
	<p>5.60 What is the function of the rectum? Through which opening does solid waste leave the body?</p> <p>5.61 What does the excretory system do?</p>
<p>Refer to page 119 to complete question 5.64</p> <p>►►</p>	<p>5.62 What is the function of the kidneys?</p> <p>5.63 Trace the path of urine from the kidneys to the outside of the body.</p>
<p>Refer to the Student Workbook to complete question 5.65</p> <p>►►</p>	<p>5.64 Answer questions 1, 3, 4 and 5 under <i>Lesson 5 Review</i>.</p>
<p>Refer to pages 120 – 121 to write answers for questions 5.66 – 5.68</p> <p>►►</p>	<p>5.65 Complete <i>Workbook Activity 19: The Digestive and Excretory Systems</i>.</p>
	<p>5.66 What are the three layers of the skin? Describe each layer.</p>
	<p>5.67 What are the three ways the skin protects the body?</p>
<p>Refer to page 122 to complete question 5.69</p> <p>►►</p>	<p>5.68 What is keratin?</p> <p>5.69 Answer questions 1 – 5 under <i>Lesson 6 Review</i>.</p>
	<p>Portfolio:</p> <p>5.70 Answer questions 1 – 3 under <i>Health in Your Life</i>. Place the written answers in your portfolio.</p>
<p>Refer to the Student Workbook to complete question 5.71</p> <p>►►</p>	<p>Writing:</p> <p>5.71 Complete <i>Workbook Activity 20: The Skin, Hair and Nails</i>.</p>

Unit 5 – Identifying Human Body Systems

References and Notes	Work to Submit
<p><i>Refer to pages 124- 125 to complete question 5.72 ►►</i></p> <p>Note: This is the end of Unit 5. You should check with your instructor to see if there is review work or any other additional work for this unit.</p>	<p>Writing:</p> <p>5.72 Answer questions 1 – 20 under <i>Chapter 5 Review</i>.</p>

Unit 6 – Maintaining Personal Hygiene & Fitness

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 6 pages 126 – 147

References and Notes	Work to Submit
<p><i>Refer to pages 128 – 129 to write answers to questions 6.1 – 6.5</i> ►►</p>	<p>Writing:</p> <p>6.1 What is hygiene?</p> <p>6.2 What are five ways to protect the eyes from damage?</p> <p>6.3 Describe the following vision problems:</p> <ul style="list-style-type: none">a. farsightednessb. nearsightednessc. astigmatismd. strabismuse. color blindness
<p><i>Refer to pages 130 – 131 to write answers to questions 6.6 – 6.9</i> ►►</p>	<p>6.4 What is the main cause of hearing loss? What are some other causes of hearing loss?</p> <p>6.5 How can hearing loss be prevented?</p> <p>6.6 What are two ways to protect the skin?</p> <p>6.7 What is acne?</p> <p>6.8 What are some ways to reduce the occurrence of acne?</p> <p>6.9 What is athlete's foot? How can it be prevented?</p>
<p><i>Refer to pages 132 – 133 to write answers to questions 6.10 – 6.13</i> ►►</p>	<p>6.10 What is dandruff? How can it be controlled?</p> <p>6.11 What are some ways to take care of the nails?</p> <p>6.12 What are some ways to ensure healthy teeth?</p> <p>6.13 What is gingivitis? How can it be prevented?</p>

Unit 6 – Maintaining Personal Hygiene & Fitness

References and Notes	Work to Submit
<p>Refer to page 133 to complete question 6.14 ►►</p>	<p>Writing:</p> <p>6.14 Answer questions 1 – 5 under <i>Lesson 1 Review</i>.</p>
<p>Refer to page 133 to complete question 6.15 ►►</p>	<p>Portfolio:</p> <p>6.15 Answer questions 1 – 3 under <i>Health in Your Life</i> and place your written answers in your portfolio.</p>
<p>Refer to the Student Workbook to complete question 6.16 ►►</p>	<p>Writing:</p> <p>6.16 Complete <i>Workbook Activity 21: Positive Health Practices</i>.</p>
<p>Refer to pages 134 – 135 to write answers for questions 6.17 – 6.20 ►►</p>	<p>6.17 What are the three parts of health-related fitness? Describe each one.</p>
	<p>6.18 What are four benefits of regular physical exercise?</p>
	<p>6.19 What is a calorie?</p>
	<p>6.20 List five types of exercises, their purposes, and an example of each.</p>
	<p>6.21 What are the five parts of a good exercise program?</p>
	<p>6.22 What is maximum heart rate?</p>
	<p>6.23 What two things need to be done to improve heart and lung endurance?</p>
	<p>6.24 What types of exercises improve muscular fitness?</p>
	<p>6.25 What types of exercises improve flexibility?</p>
	<p>6.26 Why is a cooldown important?</p>
	<p>6.27 Answer questions 1 – 5 under <i>Lesson 2 Review</i>.</p>

Unit 6 – Maintaining Personal Hygiene & Fitness

References and Notes	Work to Submit
<p>Refer to the Student Workbook to complete question 6.28 ►►</p>	<p>Writing:</p> <p>6.28 Complete Workbook Activity 22: <i>Writing About Fitness.</i></p>
<p>Refer to pages 140 – 141 to write answers for questions 6.29 – 6.31 ►►</p>	<p>6.29 What are the main components of a personal fitness plan?</p>
	<p>6.30 List three things to consider when making a fitness plan.</p>
	<p>6.31 What are the five steps of a personal fitness plan?</p>
<p>Refer to page 142 to complete question 6.32 ►►</p>	<p>Portfolio:</p> <p>6.32 Complete Steps 1 & 2 and answer questions 1 – 3 under <i>Decide for Yourself</i>. Place your written answers in your portfolio.</p>
	<p>Writing:</p> <p>6.33 Why are rest and sleep important parts of a fitness plan?</p>
	<p>6.34 Answer questions 1 – 3 under <i>Lesson 3 Review</i>.</p>
	<p>6.35 Complete Workbook Activity 23: <i>Parts of a Fitness Plan.</i></p>
	<p>6.36 Answer questions 1 – 20 under <i>Chapter 6 Review</i>.</p>
<p>Note: This is the end of Unit 6. You should check with your instructor to see if there is review work or any other additional work for this unit.</p>	