Lesson 13- Human Health

1. In the body, several systems work together to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , the materials needed for **cellular respiration**, to cells.

2. The **nervous system** includes: Function:

3. The **digestive system** includes: Function:

4. The **circulatory system** includes: Function:

5. The **respiratory system** includes: Function:

6. Both the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ help cells get rid of materials they no longer need.

7. The food you eat contains a variety of **nutrients**. Some of these, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are used for energy.

8. Other nutrients, such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are used for building materials in your body. You get **protein** from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

9. Vitamins and minerals are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. They help the body function properly and are found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

10. **Lipids**, which include \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, are often found with other nutrients.

11. Eating a diet that has a good variety of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will give you the energy you need. It will also give you the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12. Often, people eat \_\_\_\_\_\_\_\_\_\_\_ starches, sugars and \_\_\_\_\_\_\_\_\_\_ than are needed.

13. Being overweight can cause damage to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and other health problems.

14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ should make the largest part of your diet. Drink water or milk instead of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ uses energy from the food you eat, which can help you maintain a healthy weight.

16. Tobacco products are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or harmful to the body. Cigarette smoke contains several **toxic** substances including \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It interferes with the ability to carry oxygen throughout the body.

17. Cigarette smoke also contains a dark sticky substance called\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It affects the lining of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, making it difficult for the body to get rid of dust, pollen and other matter that is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

18. Smoking has many long term effects in addition to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Smoking causes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a disease that reduces the ability of the lungs to absorb oxygen.

19. Using tobacco cause the body to absorb \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which is kind of drug called stimulant. People smoke or chew tobacco become addicted to nicotine. An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a physical dependence on a substance. People have very strong cravings for nicotine, and this makes it very difficult to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

20. Children who are exposed to **second hand smoke** are likely to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and respiratory infections.

21. A drug is a substance that causes a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Some drugs are used as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Examples:

22. The use of drug in a way that is not useful is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

23. Most illegal drugs affect the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

24. **Drug abuse** has many long term effects. Many drugs can cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which can result in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

25. Alcohol is a drug. It affects \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which cause people to react \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. They are not able to make fast decisions such as the ones required to drive a car. Alcohol is involved in almost \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the deaths caused by car accidents.

EOG Practice 1.\_\_\_\_\_\_\_\_ 2.\_\_\_\_\_\_\_\_ 3.\_\_\_\_\_\_\_\_\_\_ 4.\_\_\_\_\_\_\_\_\_