

Health Final Exam Study Guide

True / False Statements

Please answer the following questions by using red font for your answer, if the answer is false put the true answer beside the F you put for false, and submit it in the Submission folder.

1. Most foods in the vegetables group are naturally low in fat and calories. **T**
2. The most common cause of being underweight is a lack of access to food. **T**
3. People who get insufficient sleep are more likely to be obese than those who get enough sleep. **F**
4. When you sleep in for two or three extra hours on the weekends, this makes it more difficult to wake up on Monday morning. **T**
5. The most serious health problem associated with the ears is permanent loss of hearing. **T**
6. Electronic nicotine delivery systems (ENDS), such as e-cigarettes and e-pipes, are dangerous and unhealthy alternatives to cigarette smoking. **T**
7. Cocaine is a legal drug that stimulates the central nervous system. **T**
8. The presence of a disease is detected by observing signs or symptoms. **T**
9. During the clinical stage of a disease, a pathogen produces toxins, and the immune response reaches its height, causing familiar signs of illness. **T**
10. Refrigeration and freezing speed up the growth of microorganisms in foods. **F**
11. Diabetes is characterized by hyperglycemia, or high blood glucose. **T**
12. Concerns about safety at home cause stress for teenagers. **T**
13. The fallopian tubes connect the ovaries to the uterus and guide ova out of the ovaries. **T**
14. In both males and females, the urinary tract is considered part of the digestive system. **F**
15. During the school-age years, children do not think about their world in an abstract way. **F**
16. Scientific knowledge is characterized by information that is verifiable by another scientist. **T**
17. A disease indicator that is sensed by a sick person is called a symptom. **T**
18. An abnormal physical or mental condition with no single, identifiable cause is called a disorder. **T**
19. Your frame of mind when learning new concepts and facts is called your attitude. **T**
20. Conscious choices that increase a person's chance of developing a disease, unhealthy condition, or injury are known as behavioral risk factors. **T**

Study Guide True False

K Morrison



Study Guide True False:

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