

<b>Grade 8</b>				
<b>Ch. 5 Lesson 2</b>				
<b>The Human Body</b>				
<b>Page #</b>	<b>Question</b>	<b>Answer(s)</b>	<b>Links/Sources</b>	<b>Student Resources</b>
174	How can pizza be part of a healthful diet?	Sample answer: Pizza can include vegetables, so although we don't think of pizza as healthful, if the crust is whole wheat, the cheese is low fat, and it includes vegetables for toppings, then it might be considered part of a healthful diet.		
174	Does this mean you should include pizza in your diet often?	Sample answer: No. A healthy diet includes a variety of wholesome foods. A varied diet is essential to good health.		
174	Is pizza a healthy food choice?	Sample answer: Yes, if it has lots of veggies and it is made with wholesome ingredients.		
174	Does everyone who eats pizza become obese? Why or why not.	Sample answer: No, not if they eat wholesome pizza as one of many different foods that make up a healthy diet.		
174	What is an example of infectious disease?	Sample answer: Flue, chicken pox, Covid-19, pnemounia.		
174	What is an example of a genetic disease?	Sample answer: sickle cell anemia, Tay Sachs, Type 1 diabetes.		
174	Why?	Sample answer: Because there are environmental and health style factors that can affect whether or not the disease is expressed.		
175	What kinds of diseases are linked to genetics?	*Sample answers: Heart disease, diabetes, Alzheimer's		
175	What conclusions can you draw by comparing the percentage of genes in common and the degree of relationship?	*There is a direct relationship between the two variables. When the degree of relationship decreases, the percentage of genes in common also decreases.		
175	What is the importance of understanding genetic connections between cousins in comparison to understanding the genetic connections between siblings?	*Having genes in common with you cousin isn't as likely as having genes in common with your sibling. Therefore it is more important to understand the genetic connections between siblings.		
176	How are you exposed to harmful pollutants every day?	*Sample answer: Cars, buses, and trucks release harmful pollutants so walking along a busy street exposes us to these pollutants.		
176	What might be a possible reason for this?	*Sample answer: Adventists do not smoke or drink alcohol, and often have a low fat, low sugar, vegetarian diet rich in fresh fruits, vegetables, whole grains and nuts. All of these contribute to better health.		

176	Is there any amount of exposure that is safe for humans?	Sample answer: Yes, if the levels of these pollutants can be kept low enough, they do not pose significant a risk to human health.		
176	What lifestyle choices can you make that might reduce your risk of developing cardiovascular disease?	Maintain a good weight, eat a vegetarian diet, low in fat and sugar, rich in fresh fruit and vegetables, and that includes plenty of whole grains, seeds, and nuts; get regular exercise, get plenty of rest, drink plenty of water, and avoid stress.		
177	How do your actions affect your health?	*Making good lifestyle choices keeps your body strong and healthy.		
177	How do your actions affect your health?	See answer above.		
177	How would making lifestyle changes affect my total health after one month?	Sample answer: It is possible that after one month you would notice the difference that the changes made in your overall health.		
178	How does blood flow through a blood vessel coated with plaque?	Plaque slows the blood flow in that area.		
178	How will water flow through the tubing as you apply more glue?	The flow of water will become less.		
178	How do the leading causes of death differ among different countries?	Answers will vary depending on the information the students find.		
179	How do the leading causes of death differ among different countries?	*Sample answer: Richer nations share similar leading causes of death with heart disease and cancer among the top five. The leading causes of death in poor countries tend to be from diseases that are treatable, but the country lacks the necessary medicine and doctors..		
179	How does a person with type I or type II diabetes use the information on the test strips?	*Sample answer: The test strips measure the sugar in the blood. Knowing the sugar content, a person can take the appropriate amount of insulin or regulate the diet accordingly to maintain good health.		
179	What types of preventive measures could be used to help avoid some of the diseases mentioned in this lesson?	*Eating a vegetarian diet, low in fat and sugar, rich in fresh fruit and vegetables, and that includes plenty of whole grains, seeds, and nuts; and get regular exercise.		
179	What are the symptoms of diabetes that you know of?	Sample answer: Having to urinate often, being very thirsty, numb or tingling hands or feet, having very dry skin.		
179	How might a doctor diagnose type I diabetes in a young person?	Test their blood sugar at a random time.		
179	What kinds of foods might a person with type II diabetes try to avoid?	Foods that are high in sugar and fat, and foods that are highly processed.		
179	How would a person administer insulin?	Usually it is administered by injection, but it can also be administered by an inhaler, or by a pump.		

179	How would he or she know how much to use?	By first taking his or her blood sugar reading and then giving the prescribed amount for their weight and age.		
179	Why do you think type II diabetes is becoming more common in children?	Sample answer: Because of the rise of obesity in children, the high sugar, high fat, diet that many children eat, and the lack of exercise they get.		
179	What lifestyle choices would worsen diabetes?	A high sugar, high fat diet, obesity, and a lack of exercise.		
179	Besides sugary snacks, what foods naturally high in sugar and should be avoided by a diabetic person?	Many fresh fruits contain high amounts of sugar and should be avoided.		
179	Why are more people at risk of obesity today than 30 years ago?	Sample answer: Eating more refined foods and getting less exercise.		
179	How can bacteria in your gut affect your weight?	Sample answer: They can alter the way we digest food and absorb nutrients, which can have a significant impact on our weight.		
180	Why do food choices influence the risk of developing diabetes?	*Sample answer: Many foods rich in sugars should be avoided. That does not mean only sweets. It also mean carbohydrates like potatoes, bread, and pasta. Most importantly, eating a healthy well-balanced diet can reduce your risk of developing diabetes because the disease is linked to obesity.		
180	Which would be a better option for a diabetic: an apple or a sweetened applesauce? Explain.	*An apple. Sweetened applesauce has added sugar while an apple's sugar is of the natural variety.		
180	Why are more people at risk of obesity today than 30 years ago?	Sample answer: We eat a lot of processed foods and fast foods, all of which include sugars and other things that are not healthful.		
180	Some scientists think that nearly all conditions and diseases have a genetic factor. What do you think?	Sample answer: Genetic causes may or may not surface over generations; environmental triggers and lifestyle choices may be more of a factor.		
	* Means the answer is found in the TE.			