

8th Grade				
Human Body-Your Lifestyle Affects Your Body				
Ch 6 Lesson 4				
Page	Question	Answer(s)	Links/Sources	Student Resources
232	What are some of the negative consequences associated with using drugs, tobacco, or alcohol?	Short and long - term health effects, risky behavior with harmful effects on the abuser or surrounding people, societal consequences, etc.	https://addiction.surgeongeneral.gov/sidebar-many-consequences-alcohol-and-drug-misuse	
233	What are the laws for cell phones in your state?	See resource	https://www.idrivesafely.com/driving-resources/laws/distracted-driving/	
233	Do the rules for teenagers differ from those for adults?	Depends on the state, see resource	https://www.idrivesafely.com/driving-resources/laws/distracted-driving/	
234	How does it help you to know the health conditions of your family that you may be predisposed to?	Knowing what health conditions you are predisposed to will help you be more careful of factors that you can control, like diet, weight, and exercise.	https://medlineplus.gov/genetics/understanding/inheritance/familyhistory/	
234	Do you think a person would develop asthma due to heredity or environmental conditions?	Both. "Your inherited genetic makeup predisposes you to having asthma. In fact, it's thought that three-fifths of all asthma cases are hereditary. According to a CDC report, if a person has a parent with asthma, they are three to six times more likely to develop asthma than someone who does not have a parent with asthma."	https://www.webmd.com/asthma/asthma-risk-factors#1	
234	Is a child of obese parents born with a gene to become overweight, or does the child become overweight by learning the eating and exercise habits of his or her family and by eating the types of foods made available to the child?	Although the child might be predisposed to obesity due to DNA, the true culprits are the habits learned and being carried out. Poor diet and lack of exercise are more likely those at fault.		
235	What are some other side effects of steroids?	See resources	https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/performance-enhancing-drugs/art-20046134	
235	What are the negative effects of starvation?	Negative effects of the entire human body. Nutrients are needed for all cell processes. No food, no cell function, organ and tissue damage.	https://www.sediq.org/physical-and-psychological-effects-of-the-starvation-syndrome	

235	What are the negative effects of bingeing and purging?	"It can cause damage to everything from your heart and digestive system to your teeth and gums. It can create other problems as well, including: Dehydration."	https://www.webmd.com/mental-health/eating-disorders/bulimia-nervosa/bulimia-effects-body#1	
235	Besides poor nutrition, what other problems might bulimia cause?	"Anemia, low blood pressure and irregular heart rate, dry skin, ulcers, decreased electrolyte levels and dehydration, esophageal ruptures from excessive vomiting, gastrointestinal problems, and irregular periods."	https://www.healthline.com/health/bulimia/effects-on-body	
236	Do you think an anorexic person could have strong bones?	"Studies suggest that low bone mass is common in people with anorexia and that it occurs early in the course of the disease. Girls with anorexia may be less likely to reach their peak bone density and therefore may be at increased risk for osteoporosis and fracture throughout life."	https://www.bones.nih.gov/health-info/bone/osteoporosis/conditions-behaviors/anorexia-nervosa	
236	Does anorexia affect a person's brain?	"Disruptions in neurotransmitter (chemicals that transmit signals from one nerve to another) behavior An increased risk for adolescents to develop neurological symptoms in early adulthood Parts of the brain undergo structural changes and abnormal activity during anorexic states Reduced heart rate, which could deprive the brain of oxygen Nerve-related conditions including seizures, disordered thinking, and numbness or odd nerve sensations in the hands or feet A weakened response in the brain regions that are part of the reward circuitry A shrinking in the overall size of the brain, including both gray and white matter An adverse effect on the emotional centers of the brain which may lead to depression, irritability, and isolation Difficulty thinking, switching tasks, and setting priorities."	https://www.emilyprogram.com/blog/how-eating-disorders-affect-the-neurobiology-of-the-brain/	
237	What are some such organizations that you know of?	"loveisrespect: 1-866-331-9474. National Suicide Prevention Lifeline: 1-800-273-8255 (24/7) The Trevor Project: 866-488-7386 (24/7) National Eating Disorder Association: 1-800-931-2237. Crisis Text Line: Text SUPPORT to 741-741. National Alliance on Mental Illness: 1-800-950-6264."	https://spoonuniversity.com/healthier/7-hotlines-that-exist-in-case-you-need-them	
237	How do you think making the public aware about fitness helps to prevent and reduce obesity?	"People become educated. They learn how to care for their bodies and therefore prevent obesity as well as other illnesses."	https://www.cdc.gov/obesity/strategies/community.html	
* Means the answer is found in the TE.				