Purpose:
This activity will help you become familiar with your Health textbook as well as introduce you to some of the topics that we will be discussing this semester.

Textbook:
Holt: Decisions for Health Level Blue

Assignment:
Answer the following questions on a separate sheet of paper. Make sure that you write them out in complete sentences. When finished, staple this sheet to the top of your binder paper.

1. What chapters of the book make up the “Physical fitness” and “Eating Responsibly” units?
2. On page 166, what is the first heading of the page?
3. Write out the 5 steps of goal setting.
4. In every chapter in the book, what are the two sections in red print that end each chapter?
5. What useful tool begins on page 554?
6. What important tool begins on page 570?
7. What important tool for some people begins on page 582?
8. How many lessons are there in Chapter 18?
9. Answer the question to the Myth & Fact found on page xvii.
10. What chapter begins on page 286?
11. What are the four parts of the “Conflict Cycle”?
12. What are the six classes of essential nutrients?
13. What percent of water makes up the human body?
14. Name one of the vitamins or minerals from the chart on page 194 and describe what it does for your body and where you get it.
15. List three problems of the circulatory from the chart.
16. List three problems of the Nervous system from the chart.
17. On page 472, based upon the graph, what is the leading cause of death in Children 10-14 Years old?
18. What useful tool begins on page 595?
19. While you are still searching, what useful tool begins on page 612?
20. What is the heading printed in red under the picture on page 341?
21. List the five main Disease-causing Organisms.
22. Write out the Myth & Fact found on page 433.
23. List three physical barriers to infection.
24. What are the five components of Physical Fitness?
25. What are the two highlighted vocabulary words that can be found on page 172?

Extra Credit: +5 points

What is blood? Describe the four components of Blood.