**Unit 3 Review**

**1. Match the following phrases with the correct component of health.**

A. Physical health D. Social health

B. Mental health E. Spiritual health

C. Emotional health

 Comfortable weight and adequate strength Interacting well with people

 A belief in a higher being Expressing anger without violence

 Seeking to increase to knowledge and intelligence The ability to recognize reality

 Being physically fit Expressing feelings in appropriate ways

 Having satisfying relationships Making rational decisions

2. List all the organs & tissues that can be donated.

3. **Use a” P” for a positive behavior or an “N” for a negative behavior.**

 Having high self-esteem Using illegal drugs

 Abusing alcohol Having good friends

 Being physically fit Setting and achieving goals

Extreme dieting Smoking cigarettes

 Being organized with schoolwork Having unprotected sexual intercourse

4. What is the main difference between “Brain Death” and “Coma or Vegetative State”?

5. List 5 High Risk Behaviors and 5 Low Risk Behaviors.

6. What is the difference between High Risks and Low Risks?

7. What are the 7 different types of consequences of risks?

8. The most deadly form of skin cancer is…

9. The 3 Health Determinants are…..

10. List at least 3 ways to prevent skin cancer.

11. Why is it important to do monthly skin exams?

12 The ultraviolet waves produced by sunlight that cause the most sunburn and a skin cancer is…

13 What are the 9 Decision Making Steps in order?

14. What are the 12 Serious Health Risks of Youth stated by the CDC?

15. The signs and symptoms to look for with skin cancer is the \_\_\_\_\_\_\_\_\_\_\_\_ rule.

16. What are the 3 benefits of Organ & Tissue Donation?

17. List 2 ways you can become an organ donor.

18. Why is it important for you to talk to your parents about Organ Donation?