Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health 12

**Healthy Lifestyle Test Review**

*Obesity Diabetes Physical Fitness Nutrition*

1. List 3 reasons why a person may become obese:

2. List 2 health effects of obesity:

3. Explain the following statement:

“Obesity is an epidemic in the United States.”

4. List 2 ways that schools can help reduce the rates of childhood obesity:

5. List 3 symptoms of Diabetes:

6. List the 3 main types of Diabetes & CIRCLE the most common type:

7. List 3 long term effects of Diabetes:

8. List 3 risk factors for Diabetes:

9. Define insulin:

10. Which organ produces insulin?

11. List the 5 elements of physical fitness:

12. Explain the difference between physical activity & physical fitness:

13. Define “sedentary”:

14. Define Body Mass Index (BMI):

15. Define Basal Metabolism:

16. Define Resting Heart Rate:

17. Define Target Heart Rate:

18. F.I.T.T. Formula for your workout program:

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19. List the 6 nutrients:

20. Define cholesterol:

21. Define fiber:

22. List 2 benefits of good nutrition:

23. Explain the difference between hunger & appetite:

24. List 2 of the Dietary Guidelines for Americans:

25. List the 5 food groups from “My Plate”:

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