CHAPTER 11

Health

Multiple Choice

1. All of the following are characteristics of anorexia nervosa except
   a. self-starvation.
   b. extended fasts.
   c. forced purges.
   d. eating one food at a time for weeks.

2. Health is
   a. a choice made with every decision.
   b. something you have at birth.
   c. available only with medical treatment.
   d. available only with a good health insurance plan.

3. It has been estimated that many people could lengthen their lives by an average of 14 years if they
   a. stay tobacco free.
   b. eat more fruits and vegetables.
   c. exercise regularly.
   d. drink alcohol in moderation (if at all).
   e. All of these.

4. Which of the following is a suggested eating plan from the textbook?
   a. Eat food, Not too much, Mostly plants, and Forget diets.
   b. Eat only raw vegetables and drink lots of carbonated beverages.
   c. Eat only every other day.
   d. Eat only vitamin enriched foods and drink lots of whole milk.

5. Which of the following are suggested foods for a healthy meal plan?
   a. fruits and vegetables.
   b. fat free or low fat milk and milk products.
   c. foods low in saturated fats, trans fat, cholesterol and salt.
   d. All of these.

6. Some suggestions that will promote a regular exercise program for you include
   a. varying the routine.
   b. doing it early in the day.
   c. doing it with someone else.
   d. doing something(s) you actually enjoy.
   e. All of these.

7. Some of the advantages of an exercise program include
   a. weight loss.
   b. an increase in stamina.
   c. a reduced risk of some diseases.
   d. All of these.
8. Meditation can be:
   a. a deeper form of rest than sleep.
   b. a way to reverse stress.
   c. practiced without adopting new beliefs.
   d. all of the above.

9. Which of the following is a guideline for the safe use of the male condom?
   a. Choose one made of lambskin.
   b. Choose one made of latex.
   c. Use petroleum jelly as the lubricant.
   d. Use only for vaginal sex.

10. When you are looking for help in overcoming addiction, groups like _____ can be helpful.
    a. AAA
    b. FAA
    c. AA
    d. OK

11. You can promote a good night’s sleep by
    a. writing your next day’s to-do list before you go to sleep.
    b. developing a sleep ritual.
    c. keeping the sleeping room cool.
    d. monitoring your caffeine intake (especially before evening).
    e. All of these.

12. The Power Process: “Surrender” suggests that you should
    a. face your problems alone.
    b. quit and do nothing about your problems.
    c. admit when you don’t have the resources to handle a problem and get help.
    d. blame someone else for your problems.

13. The truth about substance abuse is that
    a. you have to make choices about what you do to your body.
    b. alcohol is the least dangerous of abused substances.
    c. only a very small minority of individuals will experience it.
    d. it is easily overcome once you make up your mind.

14. Symptoms of distress include
    a. forms of physical discomfort.
    b. high productivity.
    c. a feeling of serenity.
    d. a high energy level.

15. Information about substance abuse is contained in a chapter about health because
    a. alcohol and drugs are the only way to have fun in college.
    b. students need information about the physical and mental costs of substance abuse.
    c. college students are under significant stress and need to know which abusive substances will be least dangerous to their health.
    d. it makes their parents happy.

16. You should avoid the following when faced with stress:
a. caffeine.
b. alcohol.
c. antacids.
d. both a and b.

17. Which of the following is an effective strategy for dealing with someone who threatens to commit suicide?
a. Take it seriously.
b. Listen actively and completely.
c. Seek professional help immediately.
d. All of these

18. Advertising, for all its benefits, can be demeaning and damaging to
a. women.
b. men.
c. women and men.
d. neither women nor men.

True/False

19. Date rape is rape. It is a crime.

20. The birth control pill (hormonal control) is a 100 percent effective method of preventing pregnancy.

21. Occasional emotional pain is not a sickness.

22. Any health habit that can undermine your success in school can also undermine your success later in life.

23. A lack of sleep can decrease your immunity to illness and impair your performance in school.

24. Stress comes in two forms – thoughts and physical sensations.

Completion

25. When your __________ is strong you believe your actions count.

26. The stage in drug dependence beyond abuse is __________.

27. Guided __________ can be a way to relax, even while taking a test.

28. The honest truth is that you __________ succeed in quitting the smoking habit.

29. Emotional pain is __________ a sickness.

30. Being safe (and healthy) with sexual behavior or eating habits is a __________.

Short Answers

31. Describe some of the steps necessary to maintain good health.
32. What is the basic guideline for seeking help with an emotional health problem?