

Adult Basic Education
Healthy Living

Healthy Living 3103

Study Guide

Prerequisite: Healthy Living 3101

Credit Value: 1

Resources: Pearson Education, Inc. (2007). *Life Skills Health*. Shoreview: Pearson AGS Globe.

Pearson Education, Inc. (2007). *Life Skills Health Student Workbook*.
Shoreview: Pearson AGS Globe.

Healthy Living Courses [Adult Oriented Electives]

Healthy Living 3101

Healthy Living 3102

Healthy Living 3103

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To the Student

I. Introduction to Healthy Living 3103

Healthy Living 3103 is the last of three courses designed to help you learn about mental, emotional, social and physical health. You will receive one credit upon completion of this course. Healthy Living 3101 is a prerequisite for Healthy Living 3103. Students may complete Healthy Living 3103 without prior completion of Healthy Living 3102.

In Unit 1, *Recognizing Medicines and Drugs*, you will learn about drugs that prevent illness and those that maintain good health. You will learn about the harmful drug effects of tobacco and alcohol. You will also learn about the harmful effects of other illegal drugs.

In Unit 2, *Dealing with Drug Dependence*, you will learn about physical and psychological drug dependence. You will learn about the signs of drug dependence and how drug dependence costs the family and society. You will learn about the steps in recovery from drug dependence and identify resources for help overcoming drug dependence. You will also learn about healthy alternatives to drug use.

In Unit 3, *Reducing Risks of Injury*, you will learn how to reduce common risks at home, away from home, and on the road. You will also learn what to do to prepare for and stay safe during natural disasters.

In Unit 4, *Applying First Aid to Injuries*, you will learn the basic guidelines for first aid. You will find out about laws that protect responders who provide help to those in need of first aid. You will learn the signs of choking, respiratory failure, cardiovascular failure, shock and serious bleeding. You will learn how to give first aid for life threatening emergencies, poisoning, and common injuries.

In Unit 5, *Environmental Health*, you will learn about people's effect on the environment. You will learn how the environment impacts overall health. You will learn about ways people can protect the environment. You will learn about ways the government protects the environment.

One textbook and one workbook are required for this course: *Life Skills Health* by Pearson Education (2007) and *Life Skills Health Student Workbook* by Pearson Education (2007).

To the Student



II. Use of Healthy Living Study Guides

Before beginning this course, ensure you have the text and any other resources needed (*see the information in the Introduction to this course for specifics*).

As you work through the Study Guide, you will see that it is divided according to the Units listed in the Table of Contents. When you open a unit it will have the following components:

Reading for this Unit:

Here you will find the chapters, sections and pages of the text you will use to cover the material for this unit. Skim the sections of the textbook, look at the titles of the sections, scan the figures and read any material in the margins. Once you have this overview of the unit, you are ready to begin. Do not be intimidated by the content. You will work through the text, section by section, gaining knowledge and understanding of the material as you go.

<p>References and Notes</p> <p>This left hand column guides you through the material to read from the text. Read any highlighted notes that follow the reading instructions. The symbols   direct you to the questions that you should complete when finished a reading assignment.</p>	<p>Work to Submit</p> <p>You come across three (3) headings in this right hand column.</p> <p>Writing: This section comprises your notes for the unit. Here you will find either written questions or references to specific questions or problems from your text. You may want to write out each question followed by the answer. This material should be checked by your instructor before moving on to the next unit.</p> <p>Assignment: This section indicates if there is an assignment that should be completed for the Unit. The information in the “References and Notes” column will indicate how you obtain the assignment. Some assignments may be submitted digitally while others will involve a hard copy. Ensure you read the directions carefully and speak to your instructor to determine which format is required.</p> <p>Portfolio: This section indicates if there is work to be completed and placed in your portfolio. The information in the “References and Notes” column will indicate how you obtain the assignment. You should have your instructor check your portfolio periodically to ensure high quality work. Portfolios containing all required work must be submitted to your instructor for marking when you near completion of the course.</p>
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To the Student

III. Recommended Evaluation

Written Notes	10%
Portfolio	15%
Workbook Activities	15%
Test(s)	20%
Final Exam	<u>40%</u>
	100%

Unit 1 – Recognizing Medicines and Drugs

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 14, pages 316 – 343

References and Notes	Work to Submit
<p>Read page 318 to write answers for questions 1.1 – 1.3 ▶▶</p>	<p>Writing:</p>
<p>Refer to pages 319 – 320 to write an answer for question 1.4 ▶▶</p>	<p>1.1 What is medicine?</p>
<p>Refer to pages 320 – 321 to write answers for questions 1.5 – 1.6 ▶▶</p>	<p>1.2 What is the difference between prescription medicines and over-the-counter (OTC) medicines?</p>
<p>Refer to page 323 to write an answer for question 1.7 ▶▶</p>	<p>1.3 What is a side effect?</p>
<p>Refer to page 323 to complete question 1.8 ▶▶</p>	<p>1.4 What are seven reasons for the use of medicines?</p>
<p>Refer to the Student Workbook to complete question 1.9 ▶▶</p>	<p>1.5 What are some ways medicines are administered?</p>
<p>Refer to pages 324 – 325 to complete questions 1.10 – 1.14 ▶▶</p>	<p>1.6 What are four possible problems with taking medicines?</p>
	<p>1.7 What are five cautions to take when taking medicines?</p>
	<p>1.8 Answer questions 1 – 5 under <i>Lesson 1 Review</i>.</p>
	<p>1.9 Complete <i>Workbook Activity 46: Medicines</i>.</p>
	<p>1.10 What is nicotine?</p>
	<p>1.11 What is a stimulant?</p>
	<p>1.12 What is emphysema?</p>
	<p>1.13 What are four physical effects of tobacco on the body?</p>

Unit 1 – Recognizing Medicines and Drugs

References and Notes	Work to Submit
<p>Refer to page 326 to write answers for questions 1.15 – 1.17 ▶▶</p>	<p>Writing:</p> <p>1.14 What are four affects of secondhand smoke on nonsmokers?</p> <p>1.15 What are four affects of tobacco smoke on unborn babies?</p> <p>1.16 What is withdrawal?</p> <p>1.17 What are some supports available for smokers who want to quit?</p> <p>1.18 Answer questions 1 – 5 under <i>Lesson 2 Review</i>.</p>
<p>Refer to page 327 to complete question 1.18 ▶▶</p>	<p>Portfolio:</p> <p>1.19 Answer questions 1 – 3 under <i>Health in Your Life: Breaking the Nicotine Habit</i>. Place your written answers in your portfolio.</p>
<p>Refer to page 327 to complete question 1.19 ▶▶</p>	<p>Writing:</p> <p>1.20 Complete <i>Workbook Activity 47: Tobacco</i>.</p>
<p>Refer to the <i>Student Workbook</i> to complete question 1.20 ▶▶</p>	<p>1.21 What is a depressant?</p> <p>1.22 What is a psychoactive drug?</p> <p>1.23 What factors determine how alcohol affects the body?</p> <p>1.24 What are some long term effects of alcohol abuse?</p> <p>1.25 What causes fetal alcohol syndrome?</p> <p>1.26 What birth defects are caused by FAS?</p> <p>1.27 What is intoxication?</p>
<p>Refer to pages 328 – 329 to write answers for questions 1.21 – 1.26 ▶▶</p>	
<p>Refer to page 330 to write answers for questions 1.27 – 1.31 ▶▶</p>	

Unit 1 – Recognizing Medicines and Drugs

References and Notes	Work to Submit
<p><i>Refer to page 331 to complete question 1.32</i> ▶▶</p> <p><i>Refer to the Student Workbook to complete question 1.33</i> ▶▶</p> <p><i>Refer to pages 332 – 333 to write answers for questions 1.34 – 1.39</i> ▶▶</p> <p><i>Refer to pages 334 – 335 to write answers for questions 1.40 – 1.46</i> ▶▶</p>	<p>Writing:</p> <p>1.28 How does alcohol consumption affect driving?</p> <p>1.29 What is alcoholism?</p> <p>1.30 What is the main sign of alcoholism?</p> <p>1.31 What is binge drinking?</p> <p>1.32 Answer questions 1, 4 & 5 under <i>Lesson 3 Review</i>.</p> <p>1.33 Complete <i>Workbook Activity 48: Alcohol</i>.</p> <p>1.34 What are the physical effects of stimulants on the body?</p> <p>1.35 What are amphetamines?</p> <p>1.36 What are illegal amphetamines often used for?</p> <p>1.37 How do methamphetamines harm the body?</p> <p>1.38 What is cocaine?</p> <p>1.39 What are the harmful effects of cocaine on the body?</p> <p>1.40 What are some of the mental effects of cocaine?</p> <p>1.41 What is crack?</p> <p>1.42 What effects do depressants have on the body?</p> <p>1.43 What is an overdose?</p>

Unit 1 – Recognizing Medicines and Drugs

References and Notes	Work to Submit
<p><i>Refer to pages 336 – 337 to write answers for questions 1.47 – 1.51</i></p> <p>▶▶</p> <p><i>Refer to page 337 to complete question 1.52</i></p> <p>▶▶</p> <p><i>Refer to the Student Workbook to complete question 1.53</i></p> <p>▶▶</p> <p><i>Refer to pages 338 – 339 to write answers for questions 1.54 – 1.60</i></p> <p>▶▶</p>	<p>Writing:</p> <p>1.44 What are sedative-hypnotic drugs? Give three examples.</p> <p>1.45 What are narcotics?</p> <p>1.46 What are the physical effects of narcotics on the body?</p> <p>1.47 What is a hallucinogen?</p> <p>1.48 What are the physical effects of hallucinogens?</p> <p>1.49 What are the mental effects of hallucinogens?</p> <p>1.50 What is a flashback?</p> <p>1.51 What are two examples of hallucinogens?</p> <p>1.52 Answer questions 1 – 5 under <i>Lesson 4 Review</i>.</p> <p>1.53 Complete <i>Workbook Activity 49: Classifying Drugs</i>.</p> <p>1.54 What chemical compound found in marijuana produces an intoxicating effect?</p> <p>1.55 What are the health implications from smoking marijuana?</p> <p>1.56 What are inhalants?</p> <p>1.57 What are some examples of inhalants?</p> <p>1.58 What health problems can be caused by inhalants?</p>

Unit 1 – Recognizing Medicines and Drugs

References and Notes	Work to Submit
<p><i>Refer to page 342 to write answers for questions 1.61 – 1.62</i> ▶▶</p> <p><i>Refer to page 342 to complete question 1.63</i> ▶▶</p> <p><i>Refer to the Student Workbook to complete question 1.64</i> ▶▶</p> <p><i>Refer to pages 342 – 343 to complete question 1.65</i> ▶▶</p> <p>Note: <i>This is the end of Unit 1. You should check with your instructor to see if there is review work or any other additional work for this unit.</i></p>	<p>Writing:</p> <p>1.59 What is a designer drug?</p> <p>1.60 What are look-alike drugs?</p> <p>1.61 What are anabolic steroids?</p> <p>1.62 What are the physical and mental effects of anabolic steroids on the body?</p> <p>1.63 Answer questions 1 – 5 under <i>Lesson 5 Review</i>.</p> <p>1.64 Complete <i>Workbook Activity 50: Other Dangerous Drugs</i>.</p> <p>1.65 Complete questions 1 – 20 under <i>Chapter 14 Review</i>.</p>

Unit 2 – Dealing with Drug Dependence

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 15, pages 344 – 351

References and Notes	Work to Submit
<p>Read pages 346 – 347 to write answers for questions 2.1 – 2.5 ▶▶</p>	<p>Writing:</p> <p>2.1 What is drug dependence?</p> <p>2.2 What causes physical drug dependence?</p> <p>2.3 Which drugs produce the strongest physical dependence?</p> <p>2.4 What is psychological dependence?</p> <p>2.5 Which drugs can cause psychological dependence?</p> <p>2.6 What are six signs of drug dependence?</p> <p>2.7 What is enabling?</p> <p>2.8 How does enabling affect the drug user and his or her family?</p> <p>2.9 What are three costs of drug dependence on society?</p> <p>2.10 Answer questions 4 – 5 under <i>Lesson 1 Review</i>.</p>
<p>Refer to pages 348 – 349 to write answers for questions 2.6 – 2.8 ▶▶</p>	<p>Portfolio:</p> <p>2.11 Write answers to questions 1 & 2 under <i>Health in Your Life: Media, Culture, and Drug Use</i>. Place your written answers in your portfolio.</p>
<p>Refer to pages 349 – 350 to write an answer for question 2.9 ▶▶</p>	
<p>Refer to page 351 to complete question 2.10 ▶▶</p>	
<p>Refer to page 351 to complete question 2.11 ▶▶</p>	

Unit 2 – Dealing with Drug Dependence

References and Notes

Refer to the Student Workbook to complete question 2.12 ▶▶

Refer to page 352 to write an answer for question 2.13 ▶▶

Refer to page 353 to write an answer for question 2.14 ▶▶

Refer to page 354 to write answers for questions 2.15 – 2.17 ▶▶

Refer to page 355 to complete question 2.18 ▶▶

Refer to the Student Workbook to complete question 2.19 ▶▶

Refer to page 357 to write an answer for question 2.20 ▶▶

Refer to pages 360 – 361 to complete question 2.21 ▶▶

Refer to pages 364 – 365 to complete question 2.22 ▶▶

Note: This is the end of Unit 2. You should check with your instructor to see if there is review work or any other additional work for this unit.

Work to Submit

Writing:

2.12 Complete *Workbook Activity 51: Drug Dependence Problems*.

2.13 What are the three steps involved in recovering from drug dependence?

2.14 What are five examples of support groups available for individuals and families to get help with drug dependence?

2.15 What is a residential treatment center?

2.16 What is a halfway house?

2.17 What is an outpatient treatment center?

2.18 Answer questions 1 – 5 under *Lesson 2 Review*.

2.19 Complete *Workbook Activity 52: Drug Dependence Solutions*.

2.20 What are three alternatives to drug use?

2.21 Answer questions 1 – 17 and 19 – 20 under *Chapter 15 Review*.

2.22 Answer questions 1 – 20 under *Unit 5 Review*.

Unit 3 – Reducing Risks of Injury

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 16, pages 368 – 393

References and Notes	Work to Submit
<p>Refer to pages 370 – 371 to write answers for questions 3.1 – 3.3</p>	<p>Writing:</p>
<p>▶▶</p>	<p>3.1 What are three ways to reduce the risk of falls in the home?</p>
<p>Refer to pages 372 – 373 to write answers for questions 3.4 – 3.5</p>	<p>3.2 What are three ways to reduce the risk of fire in the home?</p>
<p>▶▶</p>	<p>3.3 What are two fire safety devices that should be in every home?</p>
<p>Refer to page 375 to complete question 3.6</p>	<p>3.4 What are three ways to reduce the risk of poisoning in the home?</p>
<p>▶▶</p>	<p>3.5 What are three ways to avoid electrical shocks?</p>
<p>Refer to page 375 to complete question 3.7</p>	<p>3.6 Answer questions 1 – 3 under <i>Lesson 1 Review</i>.</p>
<p>▶▶</p>	<p>Portfolio:</p>
<p>Refer to the Student Workbook to complete question 3.8</p>	<p>3.7 Read <i>Health in Your Life: Planning Escape Routes</i> and draw a floor plan of your home showing escape routes. Answer questions 1 – 3 and place your written answers along with your floor plan in your portfolio.</p>
<p>▶▶</p>	<p>Writing:</p>
	<p>3.8 Complete <i>Workbook Activity 54: Risks at Home</i>.</p>

Unit 3 – Reducing Risks of Injury

References and Notes

Refer to page 377 to write an answer for question 3.9 ▶▶

Refer to pages 378 – 379 to write answers for questions 3.10 – 3.12 ▶▶

Refer to page 380 to complete question 3.13 ▶▶

Refer to the Student Workbook to complete question 3.14 ▶▶

Refer to page 381 to write an answer for question 3.15 ▶▶

Refer to page 383 to write answers for questions 3.16 – 3.17 ▶▶

Refer to page 384 to complete question 3.18 ▶▶

Refer to page 384 to complete question 3.19 ▶▶

Refer to the Student Workbook to complete question 3.20 ▶▶

Refer to page 385 to write answers for questions 3.21 – 3.22 ▶▶

Work to Submit

Writing:

- 3.9 What are the responsibilities of employees to reduce the risk of injury on the job?
- 3.10 How can drowning be prevented while boating?
- 3.11 What are three ways of preventing drowning while swimming?
- 3.12 What are three ways of preventing sports accidents?
- 3.13 Answer questions 1, 4 & 5 under *Lesson 2 Review*.
- 3.14 Complete *Workbook Activity 55: Risks Away from Home*.
- 3.15 What are three ways to prevent vehicle accidents?
- 3.16 What are three ways to prevent bicycle accidents?
- 3.17 What are three ways to prevent motorcycle accidents?
- 3.18 Answer questions 1, 2, 3 & 5 under *Lesson 3 Review*.

Portfolio:

- 3.19 Read *Decide for Yourself* and answer questions 1 – 3. Place your written answers in your portfolio.

Writing:

- 3.20 Complete *Workbook Activity 56: Risks on the Road*.
- 3.21 What is a hurricane?

Unit 3 – Reducing Risks of Injury

References and Notes	Work to Submit
<p>Refer to page 387 to write answers for questions 3.23 – 3.25 ▶▶</p>	Writing:
<p>Refer to pages 388 – 389 to write answers for questions 3.26 – 3.29 ▶▶</p>	3.22 What are three ways to protect yourself during a hurricane?
<p>Refer to page 390 to complete question 3.30 ▶▶</p>	3.23 What is a flood?
<p>Refer to the Student Workbook to complete question 3.31 ▶▶</p>	3.24 What is a flash flood?
<p>Refer to pages 392 – 393 to complete question 3.32 ▶▶</p>	3.25 What are three ways you can protect yourself during or after a flood?
<p>Note: This is the end of Unit 3. You should check with your instructor to see if there is review work or any other additional work for this unit.</p>	3.26 What is a blizzard?
	3.27 What are three ways you can protect yourself during a blizzard?
	3.28 What is lightning?
	3.29 What are three ways you can protect yourself during thunderstorms or lightning strikes?
	3.30 Answer questions 1 – 3 under <i>Lesson 4 Review</i> .
	3.31 Complete <i>Workbook Activity 57: Safety in Natural Disasters</i> .
	3.32 Answer questions 1 – 8, 10, 12, 14, 15, 17, & 19 under <i>Chapter 16 Review</i> .

Unit 4 – Applying First Aid to Injuries

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 17, pages 394 – 415

References and Notes

Refer to pages 396 – 397 to write answers for questions 4.1 – 4.2



Note: In Canada, Good Samaritan Law or Doctrine is a legal principle that prevents a rescuer who has voluntarily helped a victim in distress from being successfully sued for 'wrongdoing.' Its purpose is to keep people from being so reluctant to help a stranger in need for fear of legal repercussions if they made some mistake in treatment.

Read page 398 and write an answer for question 4.4



Read page 399 and complete question 4.5



Read page 400 and complete question 4.6



Refer to the Student Workbook and complete question 4.7



Work to Submit

Writing:

- 4.1 What is first aid?
- 4.2 What are the six basic guidelines for first aid?
- 4.3 What is a Good Samaritan Law?

- 4.4 What are universal precautions? What are three examples of universal precautions?

Portfolio:

- 4.5 Read *Health in Your Life: Protecting Your Family* and answer questions 1 – 3. Place your written answers in your portfolio.

Writing:

- 4.6 Answer questions 1, 2, 4, and 5 under *Lesson 1 Review*.
- 4.7 Complete *Workbook Activity 58: First Aid*.

Unit 4 – Applying First Aid to Injuries

References and Notes	Work to Submit
<p>Refer to page 401 to write answers for questions 4.8 and 4.9 ▶▶</p>	Writing:
<p>Refer to pages 402 – 403 to write answers for questions 4.10 – 4.12 ▶▶</p>	4.8 What is the universal distress signal for choking?
<p>Refer to pages 404 – 405 to write answers for questions 4.13 – 4.17 ▶▶</p>	4.9 What is the Heimlich maneuver?
<p>Refer to page 406 to write answers for questions 4.18 – 4.20 ▶▶</p>	4.10 What are the five steps of the Heimlich maneuver?
<p>Refer to the Student Workbook to complete question 4.21 ▶▶</p>	4.11 What are the signs of respiratory failure?
<p>Refer to pages 407 – 408 to write answers for questions 4.22 – 4.30 ▶▶</p>	4.12 What is rescue breathing?
	4.13 What is cardiac arrest?
	4.14 What does CPR stand for?
	4.15 What is shock?
	4.16 What is the first aid for shock?
	4.17 What four steps should be taken to treat serious bleeding?
	4.18 What is the first aid to control serious bleeding?
	4.19 What is a pressure point?
	4.20 Answer questions 1 – 5 under <i>Lesson 2 Review</i> .
	4.21 Complete <i>Workbook Activity 59: Saving Lives</i> .
	4.22 What is oral poisoning?
	4.23 What are the signs of oral poisoning?
	4.24 What is the first aid for oral poisoning?

Unit 4 – Applying First Aid to Injuries


References and Notes	Work to Submit
<p data-bbox="180 877 620 947"><i>Refer to pages 408 – 409 to write answers for questions 4.31 – 4.37</i></p> <p data-bbox="180 953 240 982">▶▶</p> <p data-bbox="180 1436 638 1505"><i>Refer to page 410 to write answers for questions 4.38 – 4.43</i> ▶▶</p>	<p data-bbox="662 394 784 428">Writing:</p> <p data-bbox="662 470 1117 504">4.25 What is inhalation poisoning?</p> <p data-bbox="662 543 1289 577">4.26 What are the signs of inhalation poisoning?</p> <p data-bbox="662 617 1317 651">4.27 What is the first aid for inhalation poisoning?</p> <p data-bbox="662 690 1081 724">4.28 What is contact poisoning?</p> <p data-bbox="662 764 1253 798">4.29 What are the signs of contact poisoning?</p> <p data-bbox="662 837 1281 871">4.30 What is the first aid for contact poisoning?</p> <p data-bbox="662 953 954 987">4.31 What is fainting?</p> <p data-bbox="662 1026 1154 1060">4.32 What is the first aid for fainting?</p> <p data-bbox="662 1100 1208 1134">4.33 What is the first aid for animal bites?</p> <p data-bbox="662 1173 1211 1207">4.34 What is the first aid for insect stings?</p> <p data-bbox="662 1247 979 1281">4.35 What is a fracture?</p> <p data-bbox="662 1320 1149 1354">4.36 What are the signs of a fracture?</p> <p data-bbox="662 1394 1235 1428">4.37 What is the first aid for a broken bone?</p> <p data-bbox="662 1467 956 1501">4.38 What is a sprain?</p> <p data-bbox="662 1541 1154 1575">4.39 What is the first aid for a sprain?</p> <p data-bbox="662 1614 1382 1690">4.40 What is the difference between a first, second, and third degree burn?</p> <p data-bbox="662 1730 1349 1806">4.41 What is the first aid for a first-degree or second-degree burn?</p> <p data-bbox="662 1845 1297 1879">4.42 What is the first aid for a third degree burn?</p>

Unit 4 – Applying First Aid to Injuries

References and Notes	Work to Submit
<p>Refer to page 411 to write answers for questions 4.44 – 4.56 ▶▶</p>	<p>Writing:</p> <p>4.43 What is the first aid for an object in the eye?</p> <p>4.44 What is the first aid for a nosebleed?</p> <p>4.45 What is heat exhaustion?</p> <p>4.46 What are the signs of heat exhaustion?</p> <p>4.47 What is the first aid for heat exhaustion?</p> <p>4.48 What is heatstroke?</p> <p>4.49 What are the signs of heatstroke?</p> <p>4.50 What is the first aid for heatstroke?</p> <p>4.51 What is hypothermia?</p> <p>4.52 What are the signs of hypothermia?</p> <p>4.53 What is the first aid for hypothermia?</p> <p>4.54 What is frostbite?</p> <p>4.55 What are the signs of frostbite?</p> <p>4.56 What is the first aid for frostbite?</p> <p>4.57 Answer questions 1 – 5 under <i>Lesson 3 Review</i>.</p>
<p>Refer to page 412 to complete question 4.57 ▶▶</p>	<p>Portfolio:</p> <p>4.58 Read <i>Decide for Yourself</i> and answer questions 1 – 3. Place your written answers in your portfolio.</p>
<p>Refer to page 412 to complete question 4.58 ▶▶</p>	<p>Writing:</p> <p>4.59 Complete <i>Workbook Activity 60: First Aid Choices</i>.</p>
<p>Refer to the <i>Student Workbook</i> to complete question 4.59 ▶▶</p>	

Unit 4 – Applying First Aid to Injuries

References and Notes

Refer to pages 414 – 415 to complete question 4.60 

Note: This is the end of Unit 4. You should check with your instructor to see if there is review work or any other additional work for this unit.

Work to Submit

Writing:

4.60 Answer questions 1 – 20 under *Chapter 17 Review*.

Unit 5 – Environmental Health

To fulfill the objectives of this unit, students should complete the following:

Reading for this unit: *Life Skills Health*
Chapter 21, pages 484 – 511

References and Notes

Refer to pages 486 – 487 to complete questions 5.1 – 5.4 ▶▶

Refer to pages 488 – 489 to write answers for questions 5.5 – 5.6



Refer to page 489 to complete question 5.7 ▶▶

Refer to the Student Workbook to complete question 5.8 ▶▶

Refer to pages 490 – 491 to write answers for questions 5.9 – 5.17



Work to Submit

Writing:

- 5.1 What is the environment?
- 5.2 What natural events disrupt the balance of nature?
- 5.3 How do humans disrupt the balance of nature?
- 5.4 What is pollution? What are some examples human made pollution?
- 5.5 What are pesticides?
- 5.6 What is ecology?
- 5.7 Answer questions 1 – 5 under *Lesson 1 Review*.
- 5.8 Complete *Workbook Activity 70: Health and the Environment*.
- 5.9 What is the main cause of air pollution?
- 5.10 What are hydrocarbons?
- 5.11 What are the health effects of breathing in ozone?
- 5.12 What are some sources of carbon monoxide?
- 5.13 What are the health effects of carbon monoxide?
- 5.14 What are some sources of sulfur dioxide?

Unit 5 – Environmental Health

References and Notes	Work to Submit
<p>Refer to page 492 to write answers for questions 5.18 – 5.21 ▶▶</p>	<p>Writing:</p> <p>5.15 What are the health effects of sulfur dioxide?</p> <p>5.16 What are particulates?</p> <p>5.17 What are the health effects of particulates?</p> <p>5.18 What are some examples of toxic substances found in building materials and household chemicals?</p> <p>5.19 What is asbestos? What are the health impacts of asbestos?</p> <p>5.20 What is radon? How does radon impact health?</p> <p>5.21 What are the general health implications of indoor pollution?</p> <p>5.22 What is the greenhouse effect?</p> <p>5.23 What is the ozone layer?</p> <p>5.24 How does a thinner ozone layer affect the Earth?</p> <p>5.25 What is acid rain?</p> <p>5.26 How does acid rain affect the environment?</p> <p>5.27 Answer questions 1 – 5 under <i>Lesson 2 Review</i>.</p> <p>5.28 Complete <i>Workbook Activity 71: Types of Air Pollution</i>.</p> <p>5.29 What is groundwater?</p> <p>5.30 What are some toxic materials found in factory wastes that cause water pollution?</p>
<p>Refer to page 493 to write answers for questions 5.22 – 5.24 ▶▶</p>	
<p>Refer to page 494 to write answers for questions 5.25 – 5.26 ▶▶</p>	
<p>Refer to page 494 to complete question 5.27 ▶▶</p>	
<p>Refer to the Student Workbook to complete question 5.28 ▶▶</p>	
<p>Refer to page 495 to write answers for questions 5.29 – 5.32 ▶▶</p>	

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References and Notes	Work to Submit
<p><i>Refer to pages 496 – 497 to write answers for questions 5.33 – 5.35</i> ▶▶</p> <p><i>Refer to page 498 to complete question 5.36</i> ▶▶</p> <p><i>Refer to the Student Workbook to complete question 5.37</i> ▶▶</p> <p><i>Refer to pages 499 – 500 to write answers for questions 5.38 – 5.40</i> ▶▶</p> <p><i>Refer to pages 500 – 501 to write answers for questions 5.41 – 5.46</i> ▶▶</p>	<p>Writing:</p> <p>5.31 What is sewage?</p> <p>5.32 What are some diseases caused by consuming water contaminated with sewage?</p> <p>5.33 What kind of damage can be caused by oil spills?</p> <p>5.34 What can happen to a lake if it becomes contaminated with fertilizers from agricultural runoff?</p> <p>5.35 What are three ways to conserve freshwater?</p> <p>5.36 Write answers for questions 1 – 5 under <i>Lesson 3 Review</i>.</p> <p>5.37 Complete <i>Workbook Activity 72: Types of Water Pollution</i>.</p> <p>5.38 What is deforestation?</p> <p>5.39 What is famine?</p> <p>5.40 How does destroying tropical rain forests affect human and environmental health?</p> <p>5.41 What is solid waste?</p> <p>5.42 What is a landfill?</p> <p>5.43 What is hazardous waste?</p> <p>5.44 How can hazardous waste be reduced?</p> <p>5.45 What is sensorineural deafness?</p>

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References and Notes

Refer to page 502 to write an answer for question 5.47 ►►

Refer to page 503 to complete question 5.48 ►►

Refer to the Student Workbook to complete question 5.49 ►►

Refer to page 506 to write an answer for question 5.50 ►►

Refer to page 507 to complete question 5.51 ►►

Refer to page 508 to complete question 5.52 ►►

Refer to pages 510 – 511 to complete question 5.53 ►►

Note: This is the end of Unit 5. You should check with your instructor to see if there is review work or any other additional work for this unit.

Work to Submit

Writing:

5.46 Other than hearing loss, what other problems can be caused by noise pollution?

5.47 What is radiation sickness?

5.48 Answer questions 1, 3, 4 and 5 under *Lesson 4 Review*.

5.49 Complete *Workbook Activity 73: Places*.

5.50 What are five ways you can help protect the environment?

Portfolio:

5.51 Read *Health in Your Life: Recycling* and complete questions 1 – 3. Place your written answers in your portfolio.

Writing:

5.52 Answer questions 2, 3 and 5 under *Lesson 5 Review*.

5.53 Answer questions 1 – 20 under *Chapter 21 Review*.