

## **Health Worksheet Answers**

(Titles are the names of the lesson. The worksheet title may be different.)

### **Understanding Health and Wellness**

### **Taking Charge of Your Health**

### **Healthy Decision-Making Strategies**

#### **What is Stress?**

#### **Managing Stress**

#### **Coping with Loss**

### **Mental and Emotional Disorders**

#### **Suicide Prevention**

#### **Help for Mental Health**

#### **Your Changing Personality**

#### **Peer Relationships: The Basics**

### **Peer Relationships and Decision-Making Strategies**

**Effects of Conflict and Violence**

**Preventing Conflict and Violence**

**Dietary Guidelines**

**What Is in My Food?**

**Food Safety**

**Understanding Metabolism**

**Body Image**

**Physical Activity and Fitness**

**Protecting Your Body**

**Taking Care of Your Body**

**Medicines and Drugs**

**Tobacco**

**Effects of Alcohol**

**Alcohol Abuse**

**Drug Abuse**

**Inhalants**

**Stimulants**

**Depressants**

**What Are Communicable Diseases?**

**What Is Immunity?**

**STDs and Risks**

**HIV/AIDS**

**What Are Noncommunicable Diseases?**

**Cancer**

**Diabetes**

**Cardiovascular Disease**

**Obesity**

**Safety and Injury Prevention**

**The Role of the Family**

**Changing Families**

**Help for Families**

**Establishing Healthful Dating Relationships**

**Preventing Pregnancy and STDs**

**From Conception to Childbirth**

**Middle to Late Adulthood**

**Community and Environmental Health: The Basics**

**Community and Environmental Health and Making Decisions**