# Chapter 23: Health

## 23A

(none)

## 23B

1. Name three parts of metabolism.
2. What kind of person would have the highest metabolic rate?
3. What 4 major nutrients do fruits provide?
4. List three major vitamins you need and their primary function.
5. List three minerals you need in large amounts.

## 23C

1. Name two uses of “drugs” that are widely acceptable.
2. Name two uses of drugs that are not acceptable.
3. True or False: Alcohol is a drug.
4. True or False: second-hand smoke is a carcinogen.
5. Name a kind of: depressant, stimulant, hallucinogen:
6. Name two different categories of addiction a person feels in their body.
7. What is the difference between tolerance and withdrawal?

## 23D

1. The bubonic plague is a kind of \_\_\_ disease
2. Airborne pathogens usually affect the \_\_\_ system
3. In what two ways does infection normally occur?
4. What is an immune carrier?
5. Name an example of a vector-carried disease.
6. What is the body’s first line of defense against infection? The other two defenses?
7. Why aren’t antibiotics effective on viruses?

## 23E

(none)

## Vocab 23

Nutrition

Metabolism

Basal Metabolic rate

Calorie

Functions of and foods with Vitamins A, D, K, Bs, C

Function and Type of Depressants, Stimulants, Hallucinogens

Physical versus Psychological Addiction

Infectious disease

Pathogenic

Vector-Infection

Immune System