



# Building Blocks of Nutrition

NAME: \_\_\_\_\_

## DIRECTIONS:

1. In the boxes below, list the six (6) foods that you eat most often.
2. Find a Nutrition Facts Label for each of the foods and record the calories along with the amount and percent of Daily Value for the following nutrients that are contained in one (1) serving of this food, as shown on the label.
3. Place an asterisk (\*) next to the food(s) that you feel are good nutritional choices and an (X) next to the food(s) that are poor nutritional choices.
4. Below each box, explain why this is a good or poor nutritional choice.

Food:	
Calories	
Total fat	
Saturated fat	
Trans fat	
Cholesterol	
Sodium	
Carbohydrate	
Dietary fiber	
Sugars	
Protein	
Vitamin A	
Vitamin C	
Calcium	
Iron	

Food:	
Calories	
Total fat	
Saturated fat	
Trans fat	
Cholesterol	
Sodium	
Carbohydrate	
Dietary fiber	
Sugars	
Protein	
Vitamin A	
Vitamin C	
Calcium	
Iron	

Food:	
Calories	
Total fat	
Saturated fat	
Trans fat	
Cholesterol	
Sodium	
Carbohydrate	
Dietary fiber	
Sugars	
Protein	
Vitamin A	
Vitamin C	
Calcium	
Iron	

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\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Food:	
Calories	
Total fat	
Saturated fat	
Trans fat	
Cholesterol	
Sodium	
Carbohydrate	
Dietary fiber	
Sugars	
Protein	
Vitamin A	
Vitamin C	
Calcium	
Iron	

Food:	
Calories	
Total fat	
Saturated fat	
Trans fat	
Cholesterol	
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Carbohydrate	
Dietary fiber	
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Vitamin C	
Calcium	
Iron	

Food:	
Calories	
Total fat	
Saturated fat	
Trans fat	
Cholesterol	
Sodium	
Carbohydrate	
Dietary fiber	
Sugars	
Protein	
Vitamin A	
Vitamin C	
Calcium	
Iron	

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## Section 6-1

**Summary****Skills for Healthy Relationships** (pp. 136–140)**Objectives**

- Describe four skills that contribute to effective communication.
- Explain how cooperation and compromise help build healthy relationships.

**Communication** is the process of sharing information, thoughts, or feelings. With practice, you can master the skills of effective communication. **These skills include using "I" messages, active listening, assertiveness, and using appropriate body language.** An "I" message is a statement that expresses your feelings, but does not blame or judge the other person.

**Active listening** is focusing your full attention on what the other person is saying and letting that person know you understand and care. If you hold back your true feelings and go along with the other person, you are being **passive**. If you communicate opinions and feelings in a way that may seem threatening or disrespectful to other people, you are being **aggressive**. When you are **assertive** (uh SUR tiv), you are able to stand up for yourself while expressing your feelings in a way that does not threaten the other person.

**Body language** includes posture, gestures, facial expressions, and body movements. Like spoken language, body language varies from culture to culture. For example, most Americans expect you to make **eye contact**, or meet their gaze, when you talk with them.

**Cooperation** is working together toward a common goal. Cooperation is important in all relationships. **Cooperation builds strong relationships that are based on mutual trust, caring, and responsibility.**

**Compromise** (KAHM pruh myz) is the willingness of each person to give up something in order to reach agreement. **When you are willing to compromise, you let the other person know how important the relationship is to you.** There are some situations in which it is important not to compromise. Do not compromise when you are asked to do something dangerous or go against your values.

## Section 6-1: Note Taking Guide *(continued)*

### Cooperation

2. List three details about cooperation.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

### Compromise

3. Complete the statements about when you should compromise and when you should not compromise.

Compromise when

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_

You should not compromise when

- c. \_\_\_\_\_  
\_\_\_\_\_
- d. \_\_\_\_\_  
\_\_\_\_\_

## Section 16-4

**Summary****Saying No to Tobacco** (pp. 417–420)**Objectives**

- Examine how refusal skills will help you stick with your decision not to use tobacco.
- Describe the benefits of quitting tobacco use.
- Identify the most important factor for successfully quitting tobacco.

Deciding not to use tobacco will help you stay healthy now and reduce your risk of developing life-threatening diseases in the future. **Sticking to your decision not to use tobacco involves being able to say no clearly and with confidence.** One should never assume that he or she can smoke for a while and then quit. Studies show that people who start using tobacco in their teens have a more difficult time quitting than people who start using tobacco as adults.

The health benefits of quitting tobacco use begin immediately and continue throughout life. Society also benefits every time a tobacco user quits. Quitting tobacco use lowers blood pressure and heart rate immediately. In time, circulation improves and the risk of heart disease and stroke become similar to that of nonsmokers. Quitting smoking allows the cilia in air passages to regain normal function and breathing to become easier. People who quit smoking usually have increased confidence. Quitting smoking benefits society by reducing healthcare costs for tobacco-related illnesses.

The most important factor in successfully quitting tobacco is a strong personal commitment. Quitting smoking is most difficult within the first week or two after the last cigarette. After a few weeks, symptoms of nicotine withdrawal usually subside, but psychological symptoms may continue.

Many resources are available to help tobacco users who are trying to quit, such as workshops or online counseling. A nicotine substitute is a product that contains nicotine, but not the other harmful chemicals found in tobacco. Use of a nicotine substitute makes it possible for a person to reduce withdrawal symptoms when quitting tobacco.

### Tips for Quitting

3. What are some things that a person can do to help cope with withdrawal symptoms when quitting smoking?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_

## Section 17-2

**Summary****Factors Affecting Drug Abuse** (pp. 434–437)**Objective**

- Evaluate how family, friends, and personal factors can influence an individual's decisions about drugs.

A number of factors make it either more or less likely that a teen will abuse drugs. They include family factors, social factors, and personal factors. Family factors, such as poor family relationships or drug abuse by family members, may make teen drug abuse more likely. Social factors that influence teens to use drugs include a peer group or role models who abuse drugs. Competitive pressure placed on athletes may lead to drug abuse as well. Finally, personal factors, such as stress and low self-esteem, can also influence a teen to use drugs.

A protective factor is a factor that reduces a person's potential for harmful behavior. Having strong protective factors in your life will help you stay drug free. Teenagers who have good relationships with their parents and other family members are better equipped to deal with life's problems and stresses, and are less likely to use drugs. Other protective family factors include

- strong and positive family bonds.
- parental awareness of a teen's social activities and peer group.
- clear rules that are consistently enforced.

Strong social bonds and supports can also cushion the negative effects of stress in your life and act as powerful buffers against drug use. Protective social factors include

- having strong bonds to school and other community institutions.
- associating with peers who are drug free.
- having friends who are supportive and accepting.

Finally, personal factors can protect against drug use, including

- a commitment to success in academics and extracurricular activities.
- a personal belief that drug use is unacceptable.

**Section 17-2**

# Note Taking Guide

## Factors Affecting Drug Abuse (pp. 434-437)

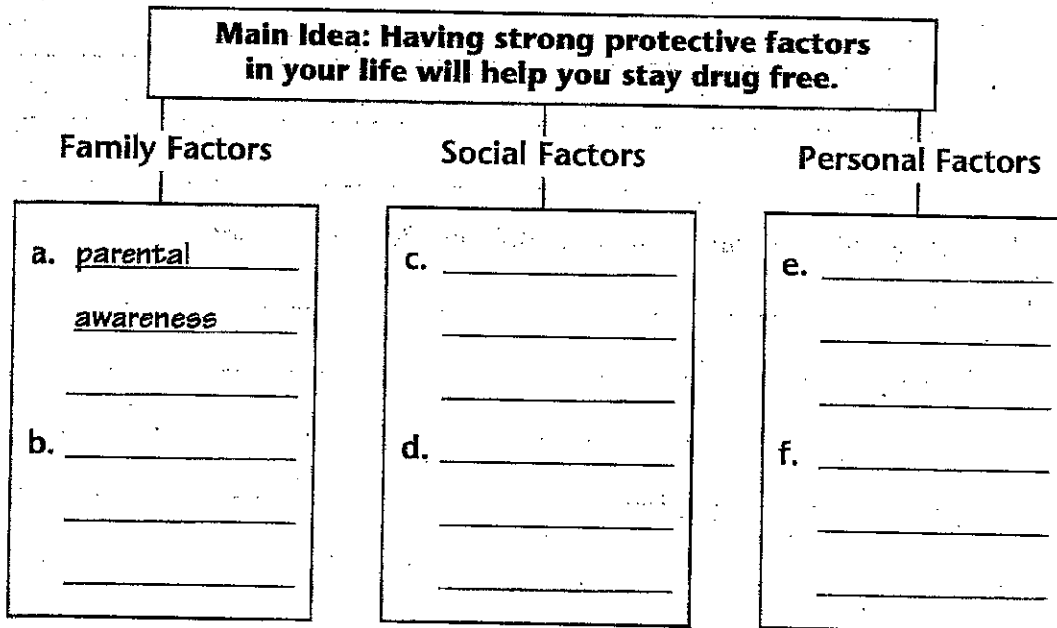
### Risk Factors

1. Complete the table with details about risk factors that affect drug abuse.

Risk Factor	Examples
Family factors	_____ _____
Social factors	_____ _____
Personal factors	_____ _____

### Protective Factors

2. Complete the graphic organizer with details about protective factors that help you avoid drug abuse.



## Section 17-3

**Summary****Commonly Abused Drugs (pp. 440–447)****Objectives**

- Compare the effects of depressants, stimulants, and hallucinogens on the body.
- Describe the effects of marijuana.
- Name three classes of drugs of increasing concern in recent years.

Drugs are categorized according to their actions and effects on the body. A **depressant** is a psychoactive drug that slows brain and body reactions. **Depressants slow body functions by decreasing heart and breathing rates and lowering blood pressure.** One class of depressants is the **barbiturates** (bahr BICH ur its). These are also called sedative-hypnotics. A second class is the CNS depressants, or tranquilizers, which slow the activity of the central nervous system. A third class is the opiates. An **opiate** (OH pee it) is any drug made from psychoactive compounds from the seed pods of poppy plants. **Heroin** is an illegal opiate made in a laboratory.

A **stimulant** is a drug that speeds up activities of the central nervous system. **Stimulants increase heart rate, blood pressure, breathing rate, and alertness.** One class of powerful stimulants is the **amphetamines** (am FET uh meenz). **Methamphetamine** is a stimulant that is related to amphetamines, but is even more powerful. **Cocaine** is a powerful but short-acting stimulant.

A **hallucinogen** (huh LOO sih nuh jun) is a drug that distorts perception, thought, and mood. **Hallucinogens overload the brain with sensory information, causing a distorted sense of reality.** LSD, psilocybin (sil uh SY bin), and PCP are hallucinogens.

**Marijuana** (mar uh WAH nuh) is the leaves, stems, and flowering tops of the hemp plant *Cannabis sativa*. **Marijuana is one of the most frequently abused psychoactive drugs. Its main ingredient changes the way information reaches and is acted upon by the brain.** Marijuana has many side effects, including distorted perceptions, difficulties with thinking, feelings of paranoia, and loss of coordination. It is extremely dangerous to drive while under the influence of marijuana. Marijuana is often a gateway to the abuse of other drugs.

**Three classes of drugs that are of growing concern in recent years are club drugs, inhalants, and anabolic steroids.** **Club drugs** got their name from the fact that they first gained popularity at dance clubs and raves. An **inhalant** (in HAYL unt) is a breathable chemical vapor that produces mind-altering effects. Even a single session of inhalant abuse can cause death. Anabolic steroids are synthetic drugs that are similar to the hormone testosterone. Steroid abuse is especially dangerous to teens, whose growing bodies can suffer permanent damage.



Section 17-3

# Note Taking Guide

## Commonly Abused Drugs (pp. 440–447)

### Depressants

1. Complete the graphic organizer with details about depressants.

**Main Idea: Depressants slow body functions by decreasing heart and breathing rates and lowering blood pressure.**

Barbiturates

CNS Depressants

Opiates

<p>a. _____ _____</p>	<p>b. _____ _____</p>
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<p>c. _____ _____</p>	<p>d. _____ _____</p>
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<p>e. _____ _____</p>	<p>f. _____ _____</p>
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### Stimulants

2. Complete the table with details about stimulants.

Drug	Long-Term Effects
Amphetamines	<p>a. _____ _____ _____</p>
Methamphetamine	<p>b. _____ _____ _____</p>
Cocaine	<p>c. _____ _____ _____</p>

### Section 17-3: Note Taking Guide (continued)

#### Marijuana

- 4. List three negative side effects of marijuana use.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
- 5. List two reasons why marijuana impairs driving ability.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
- 6. List two reasons why marijuana is called a "gateway" to other drugs.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

#### Club Drugs, Inhalants, and Steroids

7. Complete the outline about club drugs, inhalants, and anabolic steroids.

I. Club Drugs, Inhalants, and Steroids

Three classes of drugs that are of growing concern in recent years are club drugs, inhalants, and anabolic steroids.

A. Club drugs

- 1. Description \_\_\_\_\_
- 2. Risk \_\_\_\_\_

B. Inhalants

- 1. Description \_\_\_\_\_
- 2. Risk \_\_\_\_\_

C. Anabolic steroids

- 1. Description \_\_\_\_\_
- 2. Risk \_\_\_\_\_