**6th Grade Study Guide Final Exam Answers**

1. **Communicable disease-** a disease that can be spread from person to person
2. **Non-communicable disease**- diseases that are not spread from person to person
3. **Sexually transmitted disease**-a disease that is spread only through sexual contact
4. **Abstinence**- not practicing a harmful behavior
5. **Vaccine**-a dead or weaken pathogen given for immunity
6. **Antibodies**-proteins in blood that can destroy pathogens
7. **Cancer**-a disease where abnormal cells multiply and spread
8. **AIDS**- a disease that destroys helper T cells and the immune system
9. **Asthma**-a disease that causes difficulty in breathing and you need an inhaler
10. **Heart attack**-a blockage of blood flow to the heart
11. **Diabetes**- Type 1- the pancreas doesn’t produce insulin type 2- may not produce enough insulin or it doesn’t work properly
12. **Immune system**-a system that destroys pathogens when you get sick
13. **Stroke**-blockage or break in a blood vessel to the brain
14. **Epilepsy-**a disease that causes seizures
15. **Calorie**-measurement of energy from food
16. **Obesity**- having too much body fat
17. **Anorexia nervosa**- an eating disorder in which a person starves themselves and has a low body weight
18. **Bulimia**- an eating disorder in which a person stuffs themselves and then tries to rid the food from the body by purging.
19. **Body image**-The feeling you have about the way your body looks
20. **Eating disorder**- an emotional problem that leads to harmful changes in eating habits
21. **Fad diet**-a weight loss diet based on popular trends rather than scientific evidence. May not be a healthy way to lose weight.
22. **Food labels-**nutritional information on food packages
23. **Osteoporosis**- a disease in which the bones are thin and break easily
24. **Malnutrition**-a harmful condition caused by not eating enough of the right kinds of foods.

**Know the following:**

**Name the ways pathogens enter the body**

* Indirect contact
* Direct contact
* Using a needle with infected blood
* Inhaling air, eating food, or drinking liquid that carries the pathogen.
* Being bitten by an animal or insect that carries the pathogen

**Name the four pathogens**

* Viruses
* Bacteria
* Fungi-living organisms
* Protozoa

**Know the bodies 3 lines of defense from disease**

* 1st line of defense-healthy unbroken skin
* 2nd line of defense-Acids, fever, white blood cells, antibodies
* 3rd line of defense-immunity, vaccines

**Know how sexually transmitted diseases are spread**

* Spread through sexual contact

 **Know which virus destroys Helper T cells**

* HIV is the virus, AIDS is the disease

**Know the six nutrients**

* Proteins-nutrients needed for growth and repair of body cells
* Fats- provide energy and help the body store vitamins
* Carbohydrates- body’s main source of energy
* Vitamins- helps the body use carbohydrates proteins and fats
* Minerals- nutrients that involve many body processes.
* Water- nutrient that makes up blood and other body fluids

**Know the 5 food groups**

* Grains
* Vegetables
* Fruits
* Protein
* Dairy

**Know the healthy way to gain, lose. & maintain your weight**

* Take in more calories than you burn
* Take in less calories than you burn
* Take in the same amount of calories you burn

**Know how to protect yourself from an allergic reaction**

* Check food labels for ingredients