

HEALTH ABC BOOK

(This is an optional activity, not graded.)

The “Health ABC Book” provides an opportunity to learn about many different health topics. Select and create an infographic for one health word for each day of health class missed. Research each topic thoroughly. Define the topic and then identify three important facts that teenagers need to know about the topic. Next, include a graphic, picture and/or illustration that is related to the topic. Be sure to keep track of your resources for the bibliography.

FORMAT:

- At the top of the page write the topic word;
- Graphic, picture and/or illustration;
- Write a description of the topic;
- Write three paragraphs of information.
- You may hand-write and illustrate or you may use Google Docs, Google Slides, Canva or Adobe Spark to make your book.

(Example)

TOBACCO



Tobacco is a plant grown in many areas of the world, including the Southeastern region of the United States. Tobacco plant leaves are dried, aged and then used to make cigarettes, cigars, chewing tobacco and snuff.

A very powerful, addictive drug, nicotine is in all tobacco products. Tobacco contains about 4000 chemicals including two other dangerous chemicals: tar and carbon monoxide. Nicotine changes the brain's chemistry so that the tobacco users want the drug all of the time.

Tobacco has both short-term and long-term effects on the body.	
Short-term effects include: • Shortness of breath • Stained teeth and fingers • Bad breath • Increased blood pressure	Long-term effects include: • Emphysema • Cancer ○ Lungs ○ Mouth ○ Stomach ○ Bladder

An interview poll was taken regarding teenagers and smoking...

If they had the chance to do it over, **7 out of 10** smokers, would **not choose to start smoking again.**

95% of the teens in the poll **said** that they would not be smoking 5 years from now...

...but in reality, **75%** of teens actually were **still smoking 7-10 years later.**

ABC BOOK WORD LIST

Here are suggested words for your ABC Book.

A

Abortion
Abstinence
Accessing Information
ADD/ADHD
Addiction
Adolescence
Adoption
Adrenaline
Advocacy
Aggressive Communication
AIDS
Alcohol
Allergy
Alzheimer's Disease
Anorexia Nervosa
Antibiotic
Antioxidant
Anxiety
Aromatherapy
Assertive Communication
Asthma
Atherosclerosis
Attitude

B

Bacteria
Benign Tumor
Bereavement
Binge Drinking
Binge Eating Disorder
Bipolar Disorder
Birth Defects
Blackout
Blood Alcohol Concentration
Blood Pressure
Body Image
Body Language
Body Mass Index
Bulimia Nervosa
Bullying
Bystander

C

Caffeine
Calcium
Calorie
Cancer
Cannabis
Carbohydrates
Carcinogen
Cardiovascular Disease
Character

Cigarettes
Cirrhosis
Clique
Cocaine
Colonoscopy
Communicable Disease
Compassion
Compromise
Conflict Resolution
Consent
Contraception
Coping
Coronavirus
CPR
Cyberbullying
Cyberstalking

D

Dating
Death
Deep Breathing
Defense Mechanism
Dependence
Depression
Diabetes
Distress
Divorce
Drowning
Drug dependency
DUI

E

E-Cigarette
Ecstasy
Emphysema
Emotions
Empathy
Endorphin
Epilepsy
Estrogen
Ethnicity
Eustress
Exercise

F

Fad Diet
Family
Fats
Female Athlete Triad
Fertilization
Fetal Alcohol Syndrome
Fight-or-Flight
Flexibility

G

Food Allergy
Food Guide Pyramid
Food Label
Foodborne Illness
Forgiveness
Fitness
Flu
Friendships
Fungi
Gender Identity
Gender Roles
Genes
Goal Setting
Gratitude
Grief

H

Hallucinogens
Harassment
Hazing
Heart Attack
Heart Disease
Hepatitis
Heredity
Heroin
High Blood Pressure
HIV
Hookah
Hormone
Hospice
HPV
Hygiene
Hypertension
Hypothermia

I

I-Statement
Illicit Drug
Immunization
Infatuation
Infection
Infertility
Influenza
Inhalants
Insomnia
Intentional Injury
Intimacy
Intimidation
Inpatient Treatment
Intoxication

Chemotherapy
Cholesterol

First Aid

J

Jaundice
Joints (bones)
Junk Food
JUUL

K

Ketamine
Kidney stones

L

Leukemia
Life Expectancy
Lifestyle Factors
Love
LSD
Lymphocyte

M

Malignant Tumor
Mammogram
Manipulation
Medicine
Meditation
Melanoma
Melatonin
Menopause
Menstruation
Mental Disorder
Mental Health
Mental Illness
Metabolism
Methamphetamine
Mindfulness
Minerals
Miscarriage

N

Narcan
Narcotics
Negotiation skills
Nicotine
Non-Communicable Disease
Non-Verbal Communication
Nutrition
Nutrients

O

Obesity
OCD
Opioid
Optimism
Organ Donation
Organic Food
Osteoporosis

O

Outpatient Treatment
OTC Drugs
Overweight
Overdose
Ovulation

P

Paleo
Palliative Care
Panic Attack
Paraphilia
Parenthood
Passive Communication
Peer Pressure
Personality
Pessimism
Phobia
Pilates
Piyo
Pneumonia
Portion Size
Puberty
Pregnancy
Progressive Relaxation
Protein
Polio
PTSD
Puberty

Q

Quackery
Queer
Questioning

R

Rapid Eye Movement
Refusal skills
Recovery
Relationships
Relaxation
Remission
Resilience
Rohypnol

S

Schizophrenia
Sedentary Lifestyle
Self-Esteem
Self Harm
Self Management
Self Talk
Serving Size
Sex Trafficking
Sexual Assault
Sexual Harassment
Sexual Orientation

Sleep Apnea
SMART Goal
Smoking
Smokeless Tobacco
Snoring
Sobriety
SPF
STIs
Stillbirth
Stimulants
Stress
Stressor
Stress management
Stroke
Suicide
Supplements

T

Tar
Testosterone
THC
Tobacco
Tranquilizers
Transgender
Transmission
Tuberculosis

U

Ulcers
Ultrasound
Underweight
Unintentional Injury
Urinary Tract Infection

V

Vaccination
Vaping
Vegetarian
Visualization
Violence
Virus
Vitamins

W

Weight control
Wellness
Withdrawal

X

X-Ray
Xenophobia

Y

Yoga

Z

Zero-Tolerance

Second-hand Smoke
SIDS

*Source: @CoachMatheson