

Chapter 4

1. For good health, the body needs a diet that contains a (1)_____ of the three food types. These are fats and carbohydrates to give the body (2)_____, proteins needed for (3)_____ and tissue repair and (4)_____ and minerals to protect the body against deficiency (5)_____.
2. Body fat can be measured using a low-tech instrument called a skin fold (6)_____ or a high-tech instrument called a fat (7)_____. The fat content of a healthy adult's body is about 15-20% for men and 20-25% for women if they are at their ideal body mass. Ideal body mass depends on factors such as (8)_____ , age and sex.
3. People who are overweight run an increase risk of suffering (9)_____ disease, kidney failure, arthritis and (10)_____. People who are seriously underweight may be suffering (11)_____ or cancer.
4. The temperature of a healthy human body is around 37°C. Body (12)_____ can be measured using a low-tech instrument called a (13)_____ clinical thermometer or a high-tech instrument called a (14)_____ clinical (15)_____.

5. Body temperatures of 40°C and above can lead to (16)_____.
or indicate (17)_____. Body temperatures of 35°C and below
indicate (18)_____. Babies and (19)_____ people are
particularly at risk from hypothermia.

6. Regular exercise is needed to maintain the size and strength of
(20)_____. In the absence of exercise, their size and
(21)_____ decrease. The strength of a muscle can be
measured using a (22)_____.

7. During exercise the uptake of (23)_____ by muscles
increases. If muscles do not get enough oxygen during exercise, they
become (24)_____. This fatigue is relieved by a period of
(25)_____.

8. The time taken by the body to respond to a stimulus is called
(26)_____ time. It can be measured using a dropped
(27)_____ or an electronic reaction timer. Length of reaction
time can be reduced by (28)_____. Reaction time is affected
by drugs, alcohol and excitement.

9. Reaction time is an indicator of health. If it is (29)_____, this can indicate a problem such as diabetes, a disorder of the (30)_____ system or arterial disease.
10. On being consumed, alcohol is absorbed into the (31)_____ and carried round the body. It causes muscle (32)_____ to become poorer, reaction (33)_____ to become longer and judgments to be less reliable. All of these increase the chance of the person being involved in an (34)_____. Alcohol and drugs consumed by a (35)_____ woman can damage the health of the baby. In the long term, drinking alcohol to excess damages the (36)_____ and brain.

accident anorexia balance blood caliper diabetes
digital diseases dynamometer elderly energy
fatigued fever glass growth heart heatstroke
height hypothermia liver long muscles nervous
oxygen practice pregnant pregnant reaction rest
ruler sensor strength strength temperature
thermometer time vitamins

-----Word Bank-----

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1. For good health, the body needs a diet that contains a balance of the three food types. These are fats and carbohydrates to give the body energy, proteins needed for growth and tissue repair and vitamins and minerals to protect the body against deficiency diseases.
2. Body fat can be measured using a low-tech instrument called a skin fold caliper or a high-tech instrument called a fat sensor. The fat content of a healthy adult's body is about 15-20% for men and 20-25% for women if they are at their ideal body mass. Ideal body mass depends on factors such as height , age and sex.
3. People who are overweight run an increase risk of suffering heart disease, kidney failure, arthritis and diabetes. People who are seriously underweight may be suffering anorexia or cancer.
4. The temperature of a healthy human body is around 37°C. Body temperature can be measured using a low-tech instrument called a glass clinical thermometer or a high-tech instrument called a digital clinical thermometer.
5. Body temperatures of 40°C and above can lead to heatstroke or indicate fever. Body temperatures of 35°C and below indicate hypothermia. Babies and elderly people are particularly at risk from hypothermia.
6. Regular exercise is needed to maintain the size and strength of muscles. In the absence of exercise, their size and strength decrease. The strength of a muscle can be measured using a dynamometer.
7. During exercise the uptake of oxygen by muscles increases. If muscles do not get enough oxygen during exercise, they become fatigued. This fatigue is relieved by a period of rest.

8. The time taken by the body to respond to a stimulus is called reaction time. It can be measured using a dropped ruler or an electronic reaction timer. Length of reaction time can be reduced by practice. Reaction time is affected by drugs, alcohol and excitement.
9. Reaction time is an indicator of health. If it is long, this can indicate a problem such as diabetes, a disorder of the nervous system or arterial disease.
10. On being consumed, alcohol is absorbed into the blood and carried round the body. It causes muscle strength to become poorer, reaction time to become longer and judgments to be less reliable. All of these increase the chance of the person being involved in an accident. Alcohol and drugs consumed by a pregnant woman can damage the health of the baby. In the long term, drinking alcohol to excess damages the pregnant and brain.