



Being a Wise Health Consumer

Directions

- Use chapter vocabulary in the Word Bank to complete each **Summary**.
- Read the other directions to complete each **Lesson Details**.

Word Bank

astigmatism	hair follicle	oil glands	ultraviolet rays
decibels	health consumer	orthodontia	
farsighted	ingredients	plaque	
gingivitis	nearsighted	SPF	

Lesson 1 pp. 40-46

Summary One way to be healthy is to take responsibility for your eyes, skin, and hair. Sunglasses can protect your eyes, and sunscreen with _____ 30 or more can protect your skin from the sun's _____. Washing your face, hands, and hair gets rid of germs and keeps each _____ free of oil produced by the body's _____.

Lesson Details Complete the organizer to draw conclusions about acne.

What did you read about acne?

+

What do you know about acne?

=

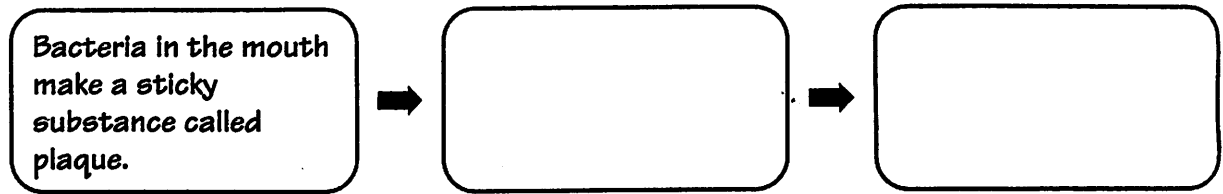
What can you conclude about acne?

Lesson 2 pp. 48-51

Summary Another way to be healthy is to practice dental hygiene. Regular brushing and flossing prevent a buildup of _____ on the surfaces of your teeth. Hardened plaque can cause a gum disease called _____.

Having crooked teeth straightened, or _____, is also a way to practice dental hygiene.

Lesson Details Complete the organizer to show the sequence of steps leading to cavities.



Lesson 3 pp. 52-57

Summary Protecting your senses of sight and hearing is important. An eye examination can tell if you are _____, are _____, or have an _____. You can protect your hearing by avoiding loud sounds at or above 85 _____.

Lesson Details Tell if each statement is true or false.

- _____ 1. Loud sounds can cause headaches and earaches.
- _____ 2. The brightness of light is measured in units called decibels.
- _____ 3. Vision and hearing are senses that tell you about the world around you.

Lesson 4 pp. 60-66

Summary Soap, shampoo, deodorant, and toothpaste are some health-care products used to aid personal hygiene. When you buy items and services related to hygiene, you are a _____. It's important to get information, such as a list of _____, before buying health-care products.

Lesson Details Complete the following sentences about being a health consumer.

1. When you buy health-care _____ or services, you are a health consumer.
2. You should get as much _____ from trusted sources as you can before buying health-care products or services.
3. Companies sometimes make false claims about a product in their advertising.

These false claims are called health _____.



Draw Conclusions

Choosing Sunscreens

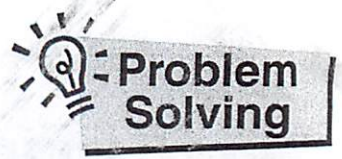
The sun gives off all kinds of rays, not just the light we can see. One type of ray is an ultraviolet (UV) ray, which is the part of sunlight that causes sunburn. You may think a suntan looks healthful, but UV rays damage the skin. Exposure to UV rays causes the skin to wrinkle, and over time it can even cause cancer. One way to protect your skin from the sun's damage is to use a sunscreen. You will get the best protection from the sun's UV rays if you know how to choose the best sunscreen.

When choosing a sunscreen, look for its SPF number on the package. The SPF number gives you some idea of how long you can stay in the sun without getting sunburned. Not everyone gets the same protection from a sunscreen with a particular SPF. The actual amount of time you can safely stay in the sun depends on not only the SPF but also your own skin type. For example, suppose you get a sunburn in 10 minutes without sunscreen. If you apply a generous amount of a sunscreen with an SPF of 30, you should be protected from sunburn for 300 minutes. A friend whose skin burns more quickly than yours will not be able to stay in the sun as long without burning.

Other factors also determine how much protection you get from the sun. Perspiration can cause even the best sunscreen to wash away. So be sure to reapply sunscreen after perspiring, as well as after swimming. Reapply it at least every two hours when in the sun. Also, check with your doctor if you are taking any medications, because certain drugs can increase your skin's sensitivity to the sun.

Suppose you are going to the beach. Use the graphic organizer to help you figure out how long you can stay in the sun without burning if you use a sunscreen with an SPF of 45.

What I read:	+	What I know about how quickly I get a sunburn:	=	Conclusion:
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Life Skill Communicate

Steps for Communicating

1. Understand your audience.
2. Give a clear message. Use a respectful tone of voice.
3. Listen carefully and answer any questions.
4. Gather feedback.

Help Denzel and Marta use the steps for communicating.

A. The boys in Denzel's class have volunteered to make 100 sandwiches for a local shelter. Denzel's job is to see that the sandwiches are made and wrapped for delivery. Before work begins, Denzel must make sure the boys' hands and fingernails are clean.

- How can Denzel get his classmates to cooperate about washing their hands?

B. Marta and her friends Ellen and Callen are shopping for sunscreen, and they are having a difficult time making a choice. Ellen wants to buy the brand her favorite TV actress advertises. Callen wants the cheapest brand, and Marta wants a sunscreen with an SPF of at least 30.

- How can Marta help her friends make a responsible selection?

Name _____

Word Puzzle

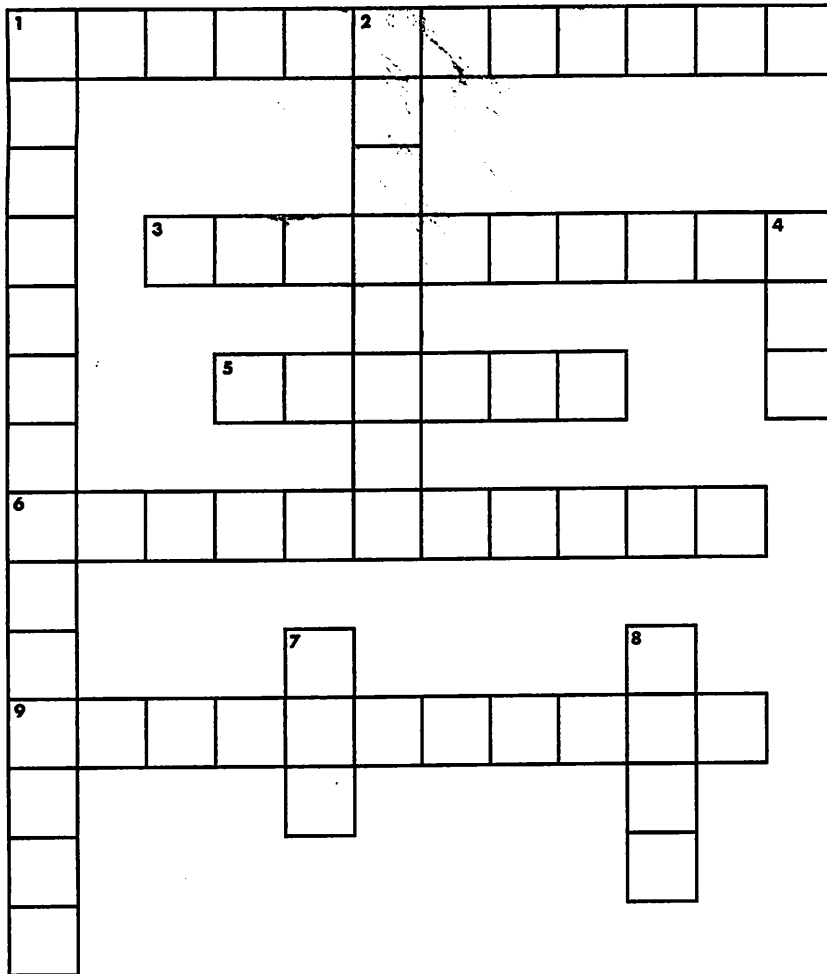
A. Use the clues below to solve the word puzzle.

Across

- 1. a pitlike area from which a hair grows
- 3. a gum disease caused by plaque
- 5. a sticky substance found on teeth
- 6. the straightening of crooked teeth
- 9. invisible rays of energy from the sun

Down

- 1. a person who buys health products
- 2. what produces oil to keep skin soft
- 4. a rating for sunscreen
- 7. _____sighted people can't see close objects.
- 8. _____sighted people can't see far objects.



B. Use each of the following words in a sentence: *astigmatism*, *decibels*, and *ingredients*.
