**Chapter 14 Vocabulary**

<table>
<thead>
<tr>
<th>epidermis</th>
<th>periodontium</th>
<th>choroid</th>
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<tbody>
<tr>
<td>dermis</td>
<td>pulp</td>
<td>retina</td>
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<tr>
<td>melanin</td>
<td>plaque</td>
<td>external auditory canal</td>
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<td>sebaceous glands</td>
<td>periodontal disease</td>
<td>auditory ossicles</td>
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<tr>
<td>sweat glands</td>
<td>tartar</td>
<td>labyrinth</td>
</tr>
<tr>
<td>melanoma</td>
<td>lacrimal gland</td>
<td>tinnitus</td>
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<tr>
<td>hair follicle</td>
<td>sclera</td>
<td></td>
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<tr>
<td>dandruff</td>
<td>cornea</td>
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**Directions:** Use the clues to solve the puzzle. Write one letter of each answer in each space provided. Then copy the boxed letters in order, and they will complete the sentence at the bottom of the page.

1. The outer layer of skin
2. The white, outer part of the eye
3. The inner layer of the eyewall
4. A condition of ringing or buzzing in the ears
5. A passageway that leads to the eardrum
6. A condition also known as gum disease
7. A substance made of bacteria and particles that adheres to teeth
8. A structure that surrounds the root of the hair
9. A gland that secretes tears
10. A pigment that gives hair, eyes, and skin their color
11. The inner ear
12. The layer of skin that contains blood vessels and nerves

1. __ __ __ __ __ __ __ __
2. __ __ __ __ __ __
3. __ __ __ __ __ __
4. __ __ __ __ __ __ __
5. __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __
6. __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __
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8. __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __
9. __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __
10. __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __
11. __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __
12. __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __

Eating a healthy diet, visiting the eye doctor and dentist, and protecting your eyes, ears, skin, and teeth from injury and disease are all parts of good __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __.
Three Points of View

**Directions:** Your appearance is a part of your physical health. It is also important to your mental/emotional health. Decisions about hair and skin care can affect your relationships with others. Read the following descriptions of choices about hair and skin care. After each description, write a sentence describing the positive or negative effects these choices have on each area of health. For example, getting a tattoo might have a (temporary) positive effect on social health, and negative effects on physical and mental/emotional health.

1. Deciding to skip the tanning bed and to use sunscreen outside.
   Effect on —
   a. Physical Health: ____________________________________________
   b. Mental/Emotional Health: ______________________________________
   c. Social Health: ________________________________________________

2. Deciding to skip the shower and sleep until 5 minutes before the bus arrives.
   Effect on —
   a. Physical Health: ____________________________________________
   b. Mental/Emotional Health: ______________________________________
   c. Social Health: ________________________________________________

3. Deciding to get your eyebrow pierced since your friends did.
   Effect on —
   a. Physical Health: ____________________________________________
   b. Mental/Emotional Health: ______________________________________
   c. Social Health: ________________________________________________
Terrific Teeth

Directions: The following list gives suggestions for maintaining good dental health. Pick five of the items on the list. Compare your current habits with the suggested practices. Then decide how you could improve or change your habits to meet the suggested practice.

a. brush your teeth twice daily
b. brush for a full two minutes
c. see your dentist regularly—not just when you have a problem
d. floss daily
e. avoid sugary and sticky snacks
f. avoid all tobacco products
g. eat a well-balanced diet
h. wear a mouth guard when participating in sports

1. Suggestion: 
   Comparison to current habits: 
   Ways I can improve: 

2. Suggestion: 
   Comparison to current habits: 
   Ways I can improve: 

3. Suggestion: 
   Comparison to current habits: 
   Ways I can improve: 

4. Suggestion: 
   Comparison to current habits: 
   Ways I can improve: 

5. Suggestion: 
   Comparison to current habits: 
   Ways I can improve: 
The Eyes Have It

Directions: Read the conversations below. Using the information found in the lesson, identify the eye-health risks mentioned in each conversation. Then, make suggestions for better eye care.

1. Tasha: “I can’t believe how awesome your eyes look with those purpletinted contact lenses!”
   Steph: “Thanks! Here, I’ll take them out, and you can wear them to our next class.”
   Risk: 
   Suggestions: 

2. Kara: “I forgot my safety goggles for wood shop again. I’m going to have points taken off my grade again.”
   Jackson: “When I do projects at home, I never wear those goofy-looking things, and I’ve never gotten hurt.”
   Risk: 
   Suggestions: 

3. Tim: “Hey, why do you get to leave school early?”
   Mia: “I’ve got an eye exam. Call me tonight and let me know what the math assignment is, okay?”
   Tim: “What’s an eye exam? I’ve never had one, and I see just fine.”
   Risk: 
   Suggestions: 

4. Pete: “I’m starved. I can’t believe rehearsal is running late again tonight.”
   Hannah: “I can’t remember the last time I’ve eaten a regular meal. It’s been candy from the vending machine every night, and it looks like tonight will be the same.”
   Risk: 
   Suggestions: 

Name ____________________  Class ____________________  Date ____________________
Hear Ye, Hear Ye

Directions: The intensity, or energy, of sounds is measured by a unit called a decibel (dB). The bar graph below shows the range of intensities the human ear can perceive. The threshold of audibility is the lowest intensity at which a human can detect any sound. The threshold of pain is a sound with a level of intensity high enough to cause severe damage to the human ear.

1. A busy street has a sound intensity of about 80 decibels. Which bar on the graph shows an intensity of 80 decibels?

2. What is one sound you are exposed to on a daily basis? Compare the sound to the data on the graph. What would you estimate the decibel level of this sound to be?

3. The decibel scale is a logarithmic scale. That means for every increase of 10 decibels the intensity of the sound is multiplied by 10. So, a sound with an intensity of 20 decibels is 10 times more intense than a sound with an intensity of 10 decibels. How many times more intense is a sound with an intensity of 50 decibels than a sound with an intensity of 30 decibels?

4. Tinnitus can be caused by exposure to high-intensity sounds. What precautions can you take to limit damage to your ears?
Chapter 14

STUDY TIPS: • Read You’ll Learn To for each lesson. • Look up the meaning of any unfamiliar vocabulary terms. • Read the questions below before you read the chapter.

Directions: As you read the chapter, answer the following questions. Later, you can use this guide to review the information in the chapter.

Lesson 1
1. Describe three functions of skin.

2. What are the ABCDs of melanoma? List and explain what each letter stands for.

3. List three behaviors that will help keep your skin healthy.

4. List three behaviors that will help keep your hair healthy.

Lesson 2
5. What are the three main parts of a tooth?

6. What is plaque? How does plaque become tartar?

7. Describe how a cavity forms in a tooth.
8. Define halitosis, and list three steps to help avoid it.

Lesson 3

9. Describe the role of the rods and cones found in the retina.

10. List three behaviors that will help keep your eyes healthy.

11. Describe a symptom of cataracts. What is one treatment for cataracts?

12. What is the function of the optic nerve? It transmits nerve impulses from the eye to the brain.

Lesson 4

13. Describe the symptoms and causes of tinnitus.

14. What are three behaviors that can help keep your ears healthy?

15. What part of the ear is responsible for balance?

16. What structures are parts of the outer ear?