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Unsafe at Any Speed?

Directions: Read the article “Hang Up and Drive” (page 5). Then read the passage below and answer the questions that follow.

Reaction time suffers when drivers text. That’s especially true for teen drivers, says Christine Yager, a researcher with the Texas Transportation Institute’s Center for Transportation Safety at Texas A&M University. “Younger drivers are already more at risk when driving because driving is a new thing for them, they have barely learned about the laws and how to drive the vehicle, and their reaction times are a bit slower than a fully developed adult,” she says.

Yager’s group studied drivers ages 16 to 54. The researchers measured the drivers’ reaction times while using smart phones and again while not using them. “We found that when our drivers were not using their cell phones, their reaction times were about one to two

seconds. When reading or writing text messages, their reaction times doubled to three or four seconds,” Yager reports. “You may not think that’s a significant difference, but let’s put that into context.”

Depending on the speed you’re driving, a few seconds can make a huge difference. For instance, in a time period of five seconds:

- When driving at 30 mph, you’ve traveled 220 feet.
- When driving at 40 mph, you’ve traveled 293 feet.
- When driving at 60 mph, you’ve traveled 440 feet.
- When driving at 70 mph, you’ve traveled 513 feet.

“A lot can happen in that amount of distance, and if you’re not paying attention, your life, and potentially other people’s lives, are highly at risk,” says Yager.

PART 1

1. Why might merely reading a text message decrease a driver’s reaction time?

2. When Yager says “a lot can happen in that amount of distance,” what does she mean?

3. Using the Internet, a reference book, your own knowledge, and perhaps some math skills or a conversion tool, write an expression of distance that is roughly equivalent to the distance traveled by a car in five seconds at the following speeds. Sample answers include 24 times the length of your car, one-third the distance you normally sprint in a track meet, and 1½ times the length of a football field.

- A. 30 mph = 220 feet traveled is equivalent to _____
- B. 60 mph = 440 feet traveled is equivalent to _____
- C. 70 mph = 513 feet traveled is equivalent to _____

PART 2

Let’s say you are a passenger in a car. A friend is driving. He or she begins texting another friend. What would you say to your friend? Use the information on this sheet and in the *Current Health* article to write a few sentences you can use in this scenario.

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Find the Fiber

Directions: Plan a day’s worth of meals and snacks—but make sure you get enough fiber. Below is a list of some common foods and their fiber content. You can also include other foods not on this list; just be sure to read the label (if the food has one) or consult a reputable source online such as the United States Department of Agriculture nutrient database at ndb.nal.usda.gov to find out how much fiber the food contains. Girls ages 14 to 18 should eat about 26 grams of whole grains a day, and boys the same age should eat about 38 grams.

FOOD	SERVING	GRAMS OF FIBER (per serving)
Almonds	1/3 cup	5.8 grams
Apple (with skin)	one medium (approx. 3 inches around)	4.4 grams
Baby carrots	3 ounces (about 85 grams)	2.5 grams
Baked potato	one medium, with skin	3.8 grams
Banana	one medium (approx. 7 inches long)	3.1 grams
Blueberries	1 cup	3.6 grams
Bran flakes	3/4 cup	5.3 grams
Bread, white	two slices	1.1 grams
Bread, whole-wheat	two slices	3.8 grams
Broccoli	1 cup cooked	5.1 grams
Navel orange	one orange	3.1 grams
Peas	1 cup cooked	8.8 grams
Popcorn, air-popped	1 cup	1.2 grams
Quinoa	1/2 cup cooked	2.6 grams
Raisins	one box (1.5 ounces)	1.6 grams
Spaghetti, enriched	1/2 cup cooked	1.3 grams
Spaghetti, whole-wheat	1/2 cup cooked	3.1 grams

SOURCE: USDA National Nutrient Database for Standard Reference, Release 24 (2011)

Design some meals that will help you meet your daily fiber needs. You need not fill all five lines for each column.

BREAKFAST	LUNCH	DINNER	SNACKS
_____ Fiber: ____ g	_____ Fiber: ____ g	_____ Fiber: ____ g	_____ Fiber: ____ g
_____ Fiber: ____ g	_____ Fiber: ____ g	_____ Fiber: ____ g	_____ Fiber: ____ g
_____ Fiber: ____ g	_____ Fiber: ____ g	_____ Fiber: ____ g	_____ Fiber: ____ g
_____ Fiber: ____ g	_____ Fiber: ____ g	_____ Fiber: ____ g	_____ Fiber: ____ g
_____ Fiber: ____ g	_____ Fiber: ____ g	_____ Fiber: ____ g	_____ Fiber: ____ g
Total grams of fiber: _____	Total grams of fiber: _____	Total grams of fiber: _____	Total grams of fiber: _____

MY TOTAL GRAMS OF FIBER FOR THE DAY: _____ grams

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Your Energy: 'Fiber Facts'

Directions: Read the story "Fiber Facts" (page 6). Then answer the questions below.

1. Fiber is a nutrient
 - A. easily added to the diet if a person takes multivitamin pills.
 - B. the body gets from eating plants.
 - C. found in most caffeinated beverages.
 - D. all of the above
 - E. none of the above

2. True or false: Fiber is an important nutrient in part because the body doesn't actually digest it.
 - A. true
 - B. false

3. What is peristalsis?
 - A. the condition of being paralyzed from the waist down
 - B. the wavelike motions of the gastrointestinal tract
 - C. an allergy to certain proteins found in wheat
 - D. insoluble fiber that has absorbed water from the body

4. True or false: Nutrition experts say eating enough fiber is very difficult for most people to do.
 - A. true
 - B. false

5. Gluten is
 - A. a special kind of glue made from wheat.
 - B. a disease that can delay puberty and cause stunted growth.
 - C. a protein found in wheat.
 - D. a protein found in dairy.

6. List three ideas from the article for including more fiber in your diet.
 - A. _____
 - B. _____
 - C. _____

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Your Body: 'Uninvited Guests'

Directions: Read the story "Uninvited Guests" (page 10). Then answer the questions below.

- For each cell in your body, there are approximately 10 times as many microbial cells in and on you, one expert says. Approximately how many microbes is that?
 - 100,000
 - 100 million
 - 100 billion
 - 100 trillion
- Most of the body's odors are
 - biofilms.
 - psychological.
 - microbial.
 - phytochemical.
- One way parasites and microbes are believed to aid human health is by
 - helping us digest food.
 - healing cancer.
 - improving personal hygiene.
 - none of the above
- The hygiene hypothesis is the idea that
 - frequent use of antibacterial products contributes to antibiotic resistance.
 - tiny parasitic worms can help cure certain diseases.
 - keeping a person's surroundings highly sanitary helps prevent disease and allergies.
 - the sanitary world most people now live in confuses the immune system.
- The word *louse* is the singular form of the word
 - lousy*.
 - louche*.
 - lice*.
 - lozenges*.
- True or false: *Toxoplasma gondii* infects cats, mice, and humans.
 - true
 - false
- True or false: Most of the "uninvited guests" in and on our bodies are helpful rather than harmful.
 - true
 - false

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Your Mind: 'Gaming the Console'

Directions: Read the story "Gaming the Console" (page 13). Then answer the questions below.

- The amygdalae and the limbic system are both
 - parts of the eye.
 - parts of the respiratory system.
 - parts of the brain.
 - video game consoles.
- True or false: Experts agree that video games can't possibly be healthful for or helpful to teens.
 - true
 - false
- Instead of paying attention in school, the article says, some teens find themselves thinking about when they will next be able to play a video game. Some experts say that could be a sign
 - of aggression and risk taking.
 - of addiction.
 - that the students' schools are too boring.
 - that the teens should explore careers in video games.
- Which of the following is *not* a research finding noted by those who study video games?
 - Leadership skills gained from *World of Warcraft* improve college acceptance rates.
 - Violent video games probably do not cause most people to engage in real-life violence.
 - Some active video games may provide as much exercise as a brisk walk.
 - Nearly 8 percent of teen gamers show signs of addiction.
- What is the main idea of this article?
 - A few video games are OK for teens, but others are highly dangerous.
 - The evidence is mixed when it comes to video games and teens' well-being.
 - Video games are helpful when it comes to the study of American literature.
 - Teens who frequently play car-chase games are more likely to be in a real-life car crash.

6. List three facts from the article that back up the main idea you selected above.

A. _____

B. _____

C. _____

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Your Relationships: 'Animal Influence'

Directions: Read the story "Animal Influence" (page 16). Then answer the questions below.

1. What happens to Jack, the student in the article who leaves class when he gets angry?
 - A. He gets suspended for skipping school.
 - B. He talks with a guidance counselor.
 - C. He calms down after walking his teacher's dog.
 - D. He calms down after visiting a therapy dog.
2. Which of the following is *not* listed as a possible effect animals have on humans, according to the article?
 - A. lowered blood pressure
 - B. reduced stress levels
 - C. increased core muscle strength from riding horses
 - D. faster recovery from illness
3. What does it mean when someone has a physiological response to something such as petting a friendly dog?
 - A. The person says he or she is having a good time, but you know the person is not.
 - B. The person's body undergoes some changes, such as a reduced heart rate.
 - C. The person decides to become a volunteer at a place such as a therapeutic riding center.
 - D. The person starts acting like a dog.
4. True or false: Animals can provide some of the emotional benefits that friends and family offer.
 - A. true
 - B. false
5. What is the main idea of this article?
 - A. Animals can cause some diseases, but they also have positive effects on human health.
 - B. Animals offer many ways for young people to get involved with volunteer work.
 - C. There are many ways that people's relationships with animals are positive.
 - D. Everyone should have a pet.
6. List three facts from the article that back up the main idea you selected above.

A. _____

B. _____

C. _____

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Your Choices: 'Bitter Pill'

Directions: Read the story "Bitter Pill" (page 20). Then answer the questions below.

- Where is the drug Ecstasy, or 3,4-methylenedioxymethamphetamine (MDMA), usually made?
 - in nature
 - in amateur labs
 - inside the flowers of certain tropical plants
 - none of the above
- True or false: MDMA floods the brain with serotonin, a happiness-inducing body chemical.
 - true
 - false
- MDMA's possible effects on the body include
 - body temperature problems.
 - increased blood pressure.
 - death.
 - all of the above
 - none of the above
- Experts worry that young people are
 - making up new, secret nicknames for MDMA.
 - losing their fear of MDMA.
 - selling MDMA to younger and younger kids.
 - easily buying MDMA at stores.
- Which is *not* something that one or more of the young people in the article who used MDMA experienced?
 - severe depression
 - failing at school
 - attempted suicide
 - no lasting effects
- List three facts from the article that you can use to help persuade a friend not to use the drug.
 - _____
 - _____
 - _____