

Section 40–4 The Environment and Your Health

(pages 1049–1054)



TEKS FOCUS: 11C Importance of environmental conditions on health

This section describes some environmental factors that can affect your health. It also explains healthful behaviors you can practice.

Introduction (page 1049)

1. A _____ is anything that increases the chance of disease or injury.
2. Is the following sentence true or false? Both heredity and environmental factors can affect your health. _____

Air Quality (pages 1049–1050)

3. Circle the letter of each factor that is part of air quality.
 - a. number and concentrations of gases
 - b. amount of sunlight
 - c. nature and amount of tiny particles
4. Why can overexposure to carbon monoxide be fatal? _____

5. _____ is a highly reactive form of oxygen that is produced by vehicle exhaust and factory emissions.
6. Allergic reactions can be triggered by _____

Water Quality (pages 1050–1051)

7. What has probably been the single most important factor in nearly doubling human life expectancy over the last century or so? _____
8. Circle the letter of each of the following that can be a water pollutant.
 - a. human and animal wastes
 - b. carbon monoxide
 - c. chemicals
 - d. dust mites

Bioterrorism (page 1051)

9. The intentional use of biological agents to disable or kill individuals is called _____.
10. Why could the release of smallpox virus cause serious problems? _____

Cancer (pages 1052–1053)

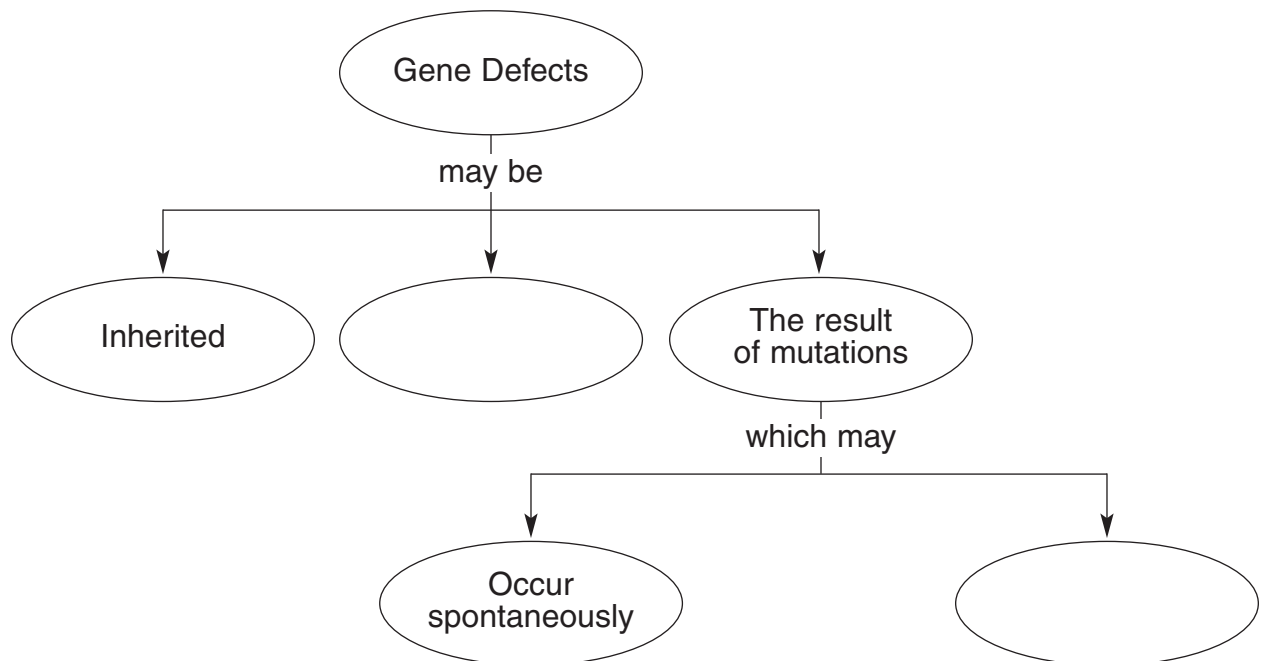
11. Circle the letter of each sentence that is true about cancer.
 - a. It is generally a life-threatening disease.
 - b. It is characterized by cells multiplying uncontrollably and destroying healthy tissue.
 - c. It is caused by foreign cells invading the body.
 - d. Its is easy to treat and to understand.
12. When do cancers begin? _____

13. A mass of growing tissue is known as a(an) _____.
14. Is the following sentence true or false? All tumors are cancerous. _____

Match the type of tumor with its description.

Tumor Type	Description
_____ 15. Benign	a. Does not spread to surrounding healthy tissue or to other parts of the body
_____ 16. Malignant	b. Can invade and destroy surrounding healthy tissue

17. List three ways that cancer cells cause illness as they spread.
 - a. _____
 - b. _____
 - c. _____
18. Complete the concept map.



19. Chemical compounds that are known to cause cancer are called _____.

20. Why is it important to detect cancer early? _____

Maintaining Health (page 1054)

21. Give three reasons it is important to eat a healthful diet. _____

22. For most people, adequate rest means getting about _____ hours of sleep each night.

23. _____ can cause a variety of respiratory conditions as well as cancers of the lung, mouth, and throat.

24. Is the following sentence true or false? Discovering a disease early does not make it easier to treat. _____