

USING KEY TERMS

1. **Identify** the term for a "disease caused partly by unhealthy behaviors and partly by other factors."

Answer: Lifestyle diseases (page 6)

2. **Identify** the term for "not taking part in physical activity on a regular basis."

Answer: Sedentary (page 6)

UNDERSTANDING KEY IDEAS

3. **State** the type of disease that causes most deaths in the United States today.

Answer: Lifestyle diseases (page 6)

4. **List** three examples of uncontrollable risk factors.

Answer: The four listed on page 7 are: age, race, gender, and heredity.

5. **Identify** which of the following is **not** a controllable risk factor. (Answer on page 7)

a. exercise

d. age

b. diet

e. weight

6. **Compare** the leading causes of death for teens with those of all ages.

Answer: The leading cause of death for teens is motor vehicle accidents, while the leading single cause for people of all ages is heart disease. (Graph on page 9)

7. **State** the six risk behaviors that lead to health problems in teens.

Answer: Sedentary lifestyle, alcohol and other drug use, sexual activity, behaviors that cause injuries, tobacco use, and poor eating habits (pages 8-10)

8. **Identify** the risk behavior that leads to the most deaths in teens.

Answer: Behaviors that cause injuries (page 10)

9. **Identify** the risk behavior that is the leading preventable cause of death in the United States.

Answer: Tobacco use (page 10)

CRITICAL THINKING

Holt 19 Quiz Answers Section

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Table of Contents Holt 19 Quiz Answers Section

1. Understanding the eBook Holt 19 Quiz Answers Section
 - The Rise of Digital Reading Holt 19 Quiz Answers Section
 - Advantages of eBooks Over Traditional Books
2. Identifying Holt 19 Quiz Answers Section
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Holt 19 Quiz Answers Section
 - User-Friendly Interface
4. Exploring eBook Recommendations from Holt 19 Quiz Answers Section
 - Personalized Recommendations
 - Holt 19 Quiz Answers Section User Reviews and Ratings
 - Holt 19 Quiz Answers Section and Bestseller Lists
5. Accessing Holt 19 Quiz Answers Section Free and Paid eBooks
 - Holt 19 Quiz Answers Section Public Domain eBooks

- Holt 19 Quiz Answers Section eBook Subscription Services
- Holt 19 Quiz Answers Section Budget-Friendly Options
- 6. Navigating Holt 19 Quiz Answers Section eBook Formats
 - ePub, PDF, MOBI, and More
 - Holt 19 Quiz Answers Section Compatibility with Devices
 - Holt 19 Quiz Answers Section Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Holt 19 Quiz Answers Section
 - Highlighting and Note-Taking Holt 19 Quiz Answers Section
 - Interactive Elements Holt 19 Quiz Answers Section
- 8. Staying Engaged with Holt 19 Quiz Answers Section
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Holt 19 Quiz Answers Section
- 9. Balancing eBooks and Physical Books Holt 19 Quiz Answers Section
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Holt 19 Quiz Answers Section
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Holt 19 Quiz Answers Section
 - Setting Reading Goals Holt 19 Quiz Answers Section
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Holt 19 Quiz Answers Section
 - Fact-Checking eBook Content of Holt 19 Quiz Answers Section
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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