Assessment

After You Read

HEALTH INVENTORY
Now that you have read the chapter, look back at your answer to the Health Inventory on the chapter opener. Have your ideas changed? What would your answers be now?

Reviewing Vocabulary and Main Ideas

On a sheet of paper, write the numbers 1–5. After each number, write the term from the list that best completes each sentence.

- abdominal thrusts
- accident
- accident chain
- accidental injuries
- biodegradable
- hazard
- Neighborhood Watch program
- pedestrians

Lesson 1 Personal Safety Habits
1. ________ are injuries caused by unexpected events.
2. At ________ is an unexpected event that results in damage or harm.
3. The situation, the unsafe habit, and the unsafe act are all parts of the ________

Lesson 2 Safety at Home and Away
4. A loose floor rug that someone might trip on is an example of a ________ in the home.
5. Some communities try to protect teens by developing a ________

Lesson 3 Safety Outdoors
6. Knowing how to swim is an important part of water safety.
7. A first-aid kit comes in handy for treating minor injuries on the trail.

Lesson 4 Safety in Severe Weather
8. Earthquakes, the most common natural disaster, can happen almost anywhere.
9. Whirling, funnel-shaped windstorms, or hurricanes, occur mostly in the flat central regions of the country.

Lesson 5 First Aid for Emergencies
10. A life-saving technique for a victim whose heart has stopped beating is abdominal thrusts.
11. A first-degree burn is very serious because deeper layers of skin and nerve endings are damaged.

Lesson 6 Protecting Your Environment
12. Recovering and changing items so they can be used for other purposes is called pollution.
13. Cleaning supplies that are biodegradable break down naturally without causing pollution.

Thinking Critically

Using complete sentences, answer the following questions on a sheet of paper.

14. Analyze Sara is skating with her friends. They decide to race. Sara notices a crack in the ice in the distance. What safety tips might she give her friends?
15. Describe In what ways can the skill of advocacy make your community safer?

Write About It

16. Descriptive Writing Write a paragraph discussing some of the positive health behaviors you can practice to help protect the environment.

Standardized Test Practice

Math

Use the following information to answer the questions about safety in the event of lightning.

Earth is struck by lightning approximately 100 times every second. A formula exists for estimating how close a lightning stroke is.

1. When you see the flash, begin counting seconds. If no clock is available, count one hundred, two one-hundred, and so on.
2. When you hear the sound of thunder, stop counting.
3. Each 5 seconds you counted is equal to about 1 mile. Whenever lightning is within 7 miles of your location, seek shelter. If it is within 10 miles, continue to monitor the track of the storm. To do this, repeat the process for the next lightning flash. If the number is smaller, the storm is headed your way. Take cover.

TEST-TAKING TIP

To solve a math problem, be sure you understand the type of problem. Make sure you understand what you are being asked to do.

1. If you see lightning, count to 22, and then hear thunder,
A. the lightning is 22 miles away.
B. the lightning is 2.2 miles away.
C. the lightning is 5.4 miles away.
D. the lightning is 4.2 miles away.

2. A camper sees lightning and counts to 41, then hears thunder. Which statement is NOT true?
A. The lightning is more than 8 miles from the camper's location.
B. The camper should count again after the next flash.
C. The camper should seek shelter at once.
D. The camper is in no immediate danger but is not totally safe.