Community and Environmental Health Worksheet

Answer Key

Health Practices:
Recycling:

Give 4 reasons why recycling is important:

1. Saves natural resources
2. Saves energy
3. Saves clean water and air
4. Saves money and creates jobs
5. Saves landfill space

What is the name of the Wichita landfill? Brooks Landfill

On average, how much solid waste do 450 customers bring to the landfill each day? 1500 tons

How much methane gas does the landfill produce each day? 3 million cubic feet

Name three items that are considered household hazardous waste.

1. Paint/finishing products
2. Household/cleaning products
3. Garden/pest control
4. Automotive products

Smoking:
What are 4 ways I can help a friend that I think is using tobacco?

1. Tell him you want him to smell good
2. Tell him you don’t want him to be a drug addict
3. Tell him you want him to do his best in sports and earn good grades
4. Tell him smoking isn’t cool
5. Tell him to talk to a guidance counselor or a doctor about quitting
What do cigarettes damage (in your body)?
Heart, lungs, and brain

Define the following terms:

**Tobacco:** plant that can be smoked in cigarettes, pipes, and cigars

**Nicotine:** a chemical that produces a tingly or pleasurable feeling for a short time

**Addictive:** your body and mind become used to something so that you need it

How much money will you spend in a year if you smoke a pack of cigarettes a day?  Over $1000

What would you buy with the money you save if you don’t smoke?

**Anti-Smoking:**
Watch the Bill Cosby clip and answer the following questions.

Bill Cosby said:
A. Smoking is cool  True  False
B. Smoking causes cancer  True  False
C. Smoking causes bad breath  True  False
D. Smoking gives you asthma (it makes it worse)  True  False
**Food Safety:**
What are 4 steps to fight BAC (bacteria)?

1. **Clean**
2. **Separate**
3. **Cook**
4. **Chill**

**Health Careers:**
Follow the link on to the list of various health careers. List three occupations you think sound interesting.

1. ______________________
2. ______________________
3. ______________________

**Health Products:**
What are some promises made by dishonest promoters to sell phony products?

1. **Quick painless cure**
2. “Special” or “secret” formula
3. Testimonials by past users
4. Effective for a wide variety of ailments
5. A cure for a disease not treated in the medical world

What are cold medicines made of? **Chemicals**

What medicines kill unwanted germs in the body? **Antibodies**

People on ___reducing____ diets are trying to lose weight, and people on ___restricted____ diets might have allergies to food.
Health Services & Facilities:

Immunizations:
   Short answer

Health Department:
Try the environmental health quiz posted by the Health Department.
How did you do?  Name three things you learned.
1. 
2. 
3. 

Community Resources:

What is the address of the Wichita Eagle?
   825  E Douglas
   Wichita, KS  67202

What is the name of the telephone book you use?
   SWBYP   or  Feist