

5.) What are two effects of high blood pressure? Page 155 1 mark

6.) List the areas that blood pressure can indicate about the health of the circulatory system. 5 marks

7.) What is Cancer? Page 156 1mark

8.) List four factors that put people at greater risk for circulatory health risks. 4marks

9.) Not exercising reduces your life by about 6-8 years on average in Canada. Smoking reduces your life by about 12 – 16 years on average.
Describe how smoking affects the circulatory system alone 2marks

10.) North Americans consume about 1 kg. of sugar each week. Sugar has no fibre and no vitamins or minerals.

What are the three main types of food and what does each type provide for the body? 3 marks page 158 – 159

11.) What is a problem with too little fibre in your diet? 3 marks

12.) What is a peptic ulcer?

13.) How do smoke and pollutants in the air affect your respiratory system 4 marks