

Words	Description
abstinence	Voluntarily refraining from sexual activity
addiction	Physical or emotional dependence on a drug likely to have a damaging effect
adolescence	The period of life between childhood and adulthood that begins with puberty (about ages 12-19)
anger management	Controlling your emotions in stressful situations rather than having angry outbursts, confrontations, or losing your temper
anxiety	Nervousness or agitation, often about something that is going to happen
arthritis	Inflammation of the joints which results in pain, swelling, and limited movement
asthma	A disease of the respiratory system sometimes caused by allergies, with symptoms including coughing, sudden difficulty in breathing, and a tight feeling in the chest; not contagious
bandwagon	An advertising technique: the bandwagon appeal claims that "everyone else is doing it, and so should you." Since few people want to be left behind, or appear to be out of step with the majority, this technique can be quite successful.
body composition	The amount of fat tissue and lean tissue in the body
bonds	Certificates issued by the government or a company promising to pay back borrowed money at a fixed rate of interest on a specified date; allow the government or company to borrow money for a large project EX: bonds to raise money for a new library
budget	A plan which predicts expenses and income for a specific period of time
bullying	Using strength or power to hurt or intimidate others
cancer	A tumor or growth caused when cells multiply uncontrollably, destroying healthy tissue
carbohydrate	Nutrient that supplies energy for the body EX: found in starches, sugars
cardio respiratory	The work of the body's circulatory and respiratory systems to function together, especially during exercise, to ensure that adequate oxygen is supplied to the working muscles to produce energy
cardiovascular disease	A disease that involves the heart and blood vessels (veins and arteries)
cardiovascular endurance	The ability to stay active without getting tired
career	A long-term or lifelong job, occupation, or profession
career goals	Plans/timelines for preparing for and attaining a job or profession; includes determining your skills and interests, learning skills and information, finding employment, serving as an intern, earning promotions, advancing and specializing
certificate of deposit	A specific amount of money is deposited in a bank to earn interest, with the agreement that the money will not be withdrawn before a specific date without penalty; known as a CD
cholesterol	A waxy, fat-like substance used by the body to build cells and to make other substances
circulatory system	Body system that carries blood through the body: heart, veins, arteries
communicable disease	Illness that can be passed from one person to another and has recognizable signs

community college	A nonresidential college (students don't live on campus), usually supported by the government, offering two-year or three-year courses and awarding diplomas or associate degrees
conflict resolution	Solving disagreements between individuals or groups
conserving	Using sparingly so as not to exhaust the supply EX: conserving energy by turning off the lights when you leave the room
consumer	Anyone who buys and uses economic goods and services
credit	An arrangement by which a buyer can take possession of something now and pay for it later or over time
debit	A debt or expense in a record of accounts; an amount of money taken out of an account
depression	Persistent feelings of unhappiness, hopelessness, poor concentration, lack of energy, and inability to sleep
diabetes	Chronic disease that causes thirst, an excessive amount of urine, weight loss, and extra sugar in the blood and urine; caused by not enough insulin in the body
Dietary Guidelines for Americans	Science-based advice to promote health and to reduce risk for major chronic disease through diet and physical activity
digestive system	Body system that breaks down food so that it can be used by the body for energy: esophagus (tube that carries food to the stomach), stomach (breaks down food to be used for energy), small intestine (digests and absorbs nutrients), large intestine (absorbs water from and eliminates residues of digestions)
earning potential	The amount of money someone should be able to earn based on his or her education and skills
eating disorders	Extreme, obsessive attitudes about food (irrational cravings, overeating, or avoidance of food) that may lead to serious illness or even death
emotional health	Your overall well-being as related to your feelings EX: You might have good physical health, but suffer from poor emotional health if you often feel left out
empathy	The ability to identify with and understand another person's feelings; putting yourself in someone else's situation
emphysema	A chronic disease of the lungs in which the air sacs are dilated or enlarged and lack flexibility, resulting in breathing trouble and sometimes infection; many smokers suffer from this disease
endorsement	An advertising technique: using the words of someone who is an authority or is popular with the intended audience EX: A famous basketball player says he enjoys a particular drink
enhance self-esteem	Build or increase confidence in oneself
fat	Nutrient that provides the body energy and helps store some vitamins
financial plan	A budget or spending guide for a certain period of time (short-term or long-term) EX: weekly food budget; annual investment budget
first-aid	Emergency care given immediately to an injured person
fitness	The ability of the heart, blood vessels, lungs, and muscles to work together to meet the body's needs
FITT Principle	Frequency, Intensity, Type, and Time (FITT) of exercise
fixed expense	For the purpose of budgeting, cost or expense that does not change but remains the same EX: monthly car payment

flexibility	The ability to bend and move the body easily and in many directions; the ability to use a muscle throughout its entire range of motion
<i>flexible expense</i>	A cost or expense that can be adjusted or eliminated EX: luxury items, gasoline, clothes, or CDs
glittering generality	An advertising technique: the glittering generality claims one thing and implies that something else is true also; seeks to make you approve and accept without examining the evidence EX: A woman orders a particular soft drink in a restaurant, and people notice and begin to talk to her. You are being led to believe that not only does she enjoy the soft drink, but also that it is the key to her popularity.
growth and development	How a person grows and changes from birth to adulthood EX: getting taller; males growing facial hair and getting deeper voices
harassment	Words or actions used repeatedly or persistently to annoy, bother, or attack EX: Calling someone a name that draws attention to a physical problem
hepatitis	Inflammation of the liver, causing fever, jaundice, abdominal pain, and weakness
<i>inhalants</i>	Substances, in the form of a vapor or gas, that are breathed in through the nose or mouth
investment	Spending money with the goal of making a future profit EX: depositing money in a bank or buying stock in a company
jingles/slogans	An advertising technique: a catchy phrase or tune, usually one that is played repeatedly to advertise something
job	An activity such as a trade or profession that a person does regularly for pay
<i>job fair</i>	Employers or business representatives gather together and explain what jobs they have available
job shadowing	People go to work with others and observe them as they work in order to learn about that job or career
<i>Kentucky's Career Clusters</i>	A document providing information on 14 career clusters which encompass virtually all occupations from entry through professional levels
learning styles	Ways of understanding or taking in information EX: visual (seeing); auditory (hearing); and tactile/kinesthetic (moving, doing, and touching)
leisure	Time during which you have no obligations or school/work responsibilities and are free to choose what to do
letter of reference	Letter that someone applying for college or a job would ask to have written about himself or herself, in which the writer would include noteworthy accomplishments or attributes of the applicant
locomotor	Body is moving through space EX: galloping, jumping, running, sliding, hopping, leaping, skipping, walking
mental health	How a person thinks and acts when faced with life's situations. Mental health is how people look at themselves, their lives, and the other people in their lives; evaluate their challenges and problems; and explore choices. This includes handling stress, relating to other people, and making decisions.
mentoring	Serving as a guide, counselor, and teacher for another person, usually in a school or job setting

mineral	Nutrient that helps regulate body processes and builds new cells EX: bananas provide potassium
<i>mononucleosis</i>	Illness characterized by fever and swollen lymph nodes and an abnormal increase of white blood cells with single nuclei (<i>mono-nuclei</i>) in the bloodstream; causes extreme tiredness; known as mono
muscular endurance	The ability to use the same muscle or group of muscles for a long period of time EX: running a mile or two without stopping
muscular strength	The amount of force your muscles can produce; strong muscles help you lift, push, kick, or pull EX: push-ups, pull-ups, lifting heavy weights
mutual funds	Investment that is handled by a company that uses members' money to buy a diverse group of stocks from other companies
nervous system	Body system for communication and control; network of cells which send and receive messages to and from your brain and spinal cord to all parts of your body: brain, spinal cord, nerves
networking	Meeting people who can be of help to you in your career and returning that help to them
non-communicable disease	Illness which cannot be passed from one human to another
nonlocomotor	Stationary movement; body does not move from place to place EX: balancing, reaching, stretching, swaying, swinging, turning, twisting
nonverbal	Shown in facial expressions, body language, actions or appearance, rather than words EX: arms crossed, tapping fingers/feet, leaning forward, putting head down, staring at feet, raising eyebrows, and rolling eyes
nutrient	Any substance that provides nourishment to keep a body healthy and to help it grow
obesity	Unhealthy, excessive fat in the body; specifically when someone's weight is more than 20% higher than is recommended for that person's height
osteoporosis	A condition that leads to the loss of bone mass; often causes more frequent bone fractures
peer pressure	Pressure from your friends or acquaintances to behave in a manner similar or acceptable to them EX: You may feel peer pressure to dress like your friends
perspectives	Looking at something from different points of view
pollution	Contamination of Earth's environment with materials that interfere with human health or quality of life
postsecondary	After high school EX: postsecondary education refers to the education you pursue after high school graduation
<i>posture</i>	The way a person holds his/her body when sitting, standing, and moving; part of nonverbal communication
product	Something offered for sale that might satisfy a want or need EX: iPod, loaf of bread, tires
propaganda	Attempt to persuade the audience to do something, buy something, or believe something
protein	Nutrient that is used for growth and repair of cells and to supply energy EX: found in meat, eggs, fish, milk, cheese
reproductive system	Body system for producing offspring

resources	Something or somebody that can be used as a source of help or information EX: police department, firefighter
respiratory system	Body system that helps the body use the air that is inhaled: trachea (windpipe), bronchi (tubes going to each lung), lungs (spongy, saclike organs which remove carbon dioxide from the blood and provide it with oxygen)
resume	Written summary of past education background, job experiences, and qualifications
self-advocacy	The practice of allowing people to be responsible for their own lives rather than being dependent on others
services	Work offered for sale that might satisfy a want or need EX: check-up at the dentist's office, oil change, haircut
short-term financial plan	A budget or spending guide for a specified short period of time rather than a financial plan for years or for a lifetime
status	The importance given to a person based on social or professional standing (sports star, doctor), or wealth (expensive clothing, car, house)
steroids	Fat-soluble organic compounds often used (illegally) by athletes to gain more muscle, but which carry dangerous side effects
stocks	Shares of a corporation represented by issued certificates which are offered for sale to the public so that they may become investors/owners of the corporation
stress	Mental, emotional, and physical strain caused by anxiety or too much work
symptom	A sign that a person has a condition or disease EX: headache, fever, fatigue, vomiting, dizziness
technical college	A postsecondary trade school which offers programs designed to teach skills needed to work in a trade
testimonial	An advertising technique: someone tells about his/her personal beliefs or experiences related to the advertised product EX: TV ads that show several "real people, not actors" talking about how much weight they lost by drinking a diet drink regularly
tuberculosis	An infectious disease that causes small rounded swellings to form on mucous membranes and affects the lungs; associated with crowded and unclean living conditions; known as TB
verbal	Expressed in spoken words
vitamin	Nutrient that helps regulate body processes and fights disease EX: oranges provide vitamin C
work habits/ethics	How you behave and what you think is the right way to behave at work EX: cooperation, respect, time management, taking responsibility for oneself and others, positive attitude, communications skills, punctuality, initiative, being motivated to go beyond the call of duty