



SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Applying pressure to specific points on the body to help relieve pain, nausea, or other symptoms is called what?	2 At a school gym, Coach Ramirez points out a wall-mounted device that can restore a normal heart rhythm during sudden cardiac arrest. What device is this?	3 Blood glucose levels are primarily controlled by a hormone produced by beta cells. What is this hormone?	4 What does the acronym PASS stand for when using a fire extinguisher?	5 After increasing the length of her runs too quickly, Josephine feels pain along the front of her legs. What common overuse injury is this?
6 What does the medical term "arthritis" literally mean?	7 After handling livestock at a fair, several people become sick, and health officials trace the illness back to animals. What type of disease is this?	8 Which type of polyunsaturated fat, found in fish like salmon, is important for heart health and brain function?	9 Laila studies a model showing that basic needs like food and safety must be met before focusing on personal growth. What is this model called?	10 What is the period between being exposed to a pathogen and showing symptoms of illness called?	11 Which B vitamin is especially important during pregnancy for helping prevent certain birth defects and supporting cell growth?	12 What type of synthetic substances similar to testosterone are sometimes found in illegal supplements and can cause serious side effects?
13 Chemical and other substances that are known to cause cancer are called what?	14 During a disagreement, Anne recognizes her own emotions, stays calm, and considers how the other person feels before responding. What life skill is Anne demonstrating?	15 What term refers to the science of designing equipment and workspaces to improve productivity while reducing fatigue and discomfort?	16 During a food lab, Aaron learns that certain bacteria are helpful when making yogurt or pickles by converting sugars into acids. What is this process called?	17 During a health class, Ethan learns that one type of cholesterol can contribute to plaque buildup in arteries when levels are too high. Which type is this?	18 Beef quality grades include Standard, Select, Choice, and this highest grade:	19 During a tornado warning, residents are told to move to an interior room on the lowest floor of a building. What is this type of space called?
20 At lunch, Alina realizes her salad does not include a nutrient the body uses to build and repair muscle tissue. Which nutrient is missing?	21 Which type of bacteria is commonly found in raw poultry and can cause serious foodborne illness if the food is not properly cooked?	22 In science class, Paulina learns that a fire needs heat, fuel, and oxygen to start and continue burning. What concept explains this?	23 If someone has ongoing skin concerns and wants to see a medical specialist for diagnosis and treatment, what type of doctor should they visit?	24 After feeling tired and weak, Lucia is told she may need more of a mineral that helps red blood cells carry oxygen. What is this mineral?	25 Jamal suddenly collapses at home and loses consciousness for a short time before quickly regaining awareness. What medical event most likely occurred?	26 Prolonged exposure to cold weather causes someone's body temperature to drop to dangerous levels, even without snow or ice present. What condition is this?
27 What eating disorder involves severely limiting food intake to the point of starvation?	28 A doctor explains that a follow-up shot is sometimes needed to keep protection strong after an initial vaccination. What is this additional dose called?	29 After a fall in which someone hits their head hard, a doctor may check for a temporary disturbance of brain function. What is this condition called?	30 A school introduces lessons that teach students how to recognize emotions in others and respond with understanding. What social skill is being taught?			