

Health Skills Lesson Review L1 (Chapter 1, pages 4-31)

Multiple Choice. In the space provided, write the letter of the choice that best completes the statement or answers the question.

- _____ 1. Which of the following would have the least impact on physical health?
- Making responsible choices
 - Getting plenty of rest
 - Taking part in regular physical activity
 - Communicating well with others
- _____ 2. A positive outlook is a characteristic
- Of individuals with good mental and emotional health
 - Of most individuals who make poor decisions about health
 - That includes good physical health
 - That is not important to total health
- _____ 3. Good Total health can best be achieved by
- Paying attention to all three sides of the health triangle
 - Focusing most of your time on physical health
 - Spending large amounts of time talking on the phone with friends
 - Worrying only about emotions and spiritual issues
- _____ 4. The health continuum is used to show
- The three sides of total health
 - Strategies for improving mental health
 - The symptoms of many chronic diseases
 - A complete range of health from loss of health to a high level of wellness
- _____ 5. Which of the following behaviors would have a negative impact on an individual's total health?
- Making responsible decisions
 - Avoiding tobacco
 - Taking responsibility for actions
 - Showing disrespect to other students
- _____ 6. Which of the following statements about your total health is NOT true?
- Your health triangle includes physical, mental/emotional, and social health
 - It's important to pay attention to all three areas of your health triangle
 - Physical health is the most important area of your health triangle
 - Spiritual health is a part of mental/emotional health
- _____ 7. Which of the following is NOT a risk behavior?
- Tobacco use
 - Violence
 - Alcohol use
 - Abstinence
- _____ 8. Eating high-fat foods every day at lunch is an example of
- Cumulative risks
 - Prevention
 - Abstinence
 - Chronic disease
- _____ 9. Which of the following describes a health disparity?
- Men and women have different rates of survival after a heart attack.
 - Individuals learn to access valid health information on the Internet.
 - Communities promote health and wellness through various programs.
 - National health goals are revised every 10 years.
- _____ 10. Being constantly overwhelmed by everyday challenges is a sign of poor
- Physical health
 - Mental/emotional health
 - Spiritual health
 - Social health

- _____ 11. Which of the following does NOT have a positive impact on your position on the health continuum?
- Eating nutritious foods
 - Avoiding risk behaviors
 - Having a chronic disease
 - Having a positive social environment
- _____ 12. Safe parks, clean water, and nutritious foods are all components of a healthy
- Social environment
 - Attitude
 - Culture
 - Physical environment
- _____ 13. Which is an example of positive peer pressure?
- A teen encouraging a friend to drink alcohol.
 - A student asking others to join the leadership club.
 - A teacher telling his students to have a safe weekend.
 - A parent telling her son to wear his seatbelt.
- _____ 14. It rained on the day of an event several students had been planning. Which reaction demonstrates a pessimistic attitude?
- “We can just reschedule for next weekend. I’m sure it will be sunny then.”
 - We can move the event indoors – let me make some phone calls and get it arranged.”
 - My whole weekend is ruined. Nothing ever works out for me.”
 - “If we reschedule, we’ll have time to make the event even bigger and better.”
- _____ 15. A reliable source of information on the Internet would most likely be
- A site that advertises the products of a prescription drug manufacturer.
 - A chat forum to which anyone can post.
 - A site run by the Centers for Disease control and Prevention.
 - A site that claims to have information about a miracle cure.

Modified True / False: Indicate whether the statement is true or false. If false, change the identified word or phrase to make the statement true.

- _____ 1. The three main components of health are physical, mental/emotional, and spiritual.
- _____ 2. Acquiring a(n) chronic disease moves an individual to a lower level of wellness.
- _____ 3. Your friends are a part of your physical environment.
- _____ 4. Heredity is an influence on health that you cannot control
- _____ 5. Having regular doctor’s appointments is one way to practice prevention.
- _____ 6. Practicing abstinence usually leads to a(n) low level of wellness.
- _____ 7. Individuals cannot control most risk behaviors.
- _____ 8. A health-literate individual knows how to find health information.
- _____ 9. Understanding health education empowers people to improve their quality of life.
- _____ 10. A person’s position on the health continuum continues to change as he or she moves through life.
- _____ 11. Risk behaviors are behaviors that can harm your health.
- _____ 12. Language, diet, and family background are components of culture.
- _____ 13. Getting eight hours of sleep each night is an example of a(n) cumulative risk.
- _____ 14. Optimists usually have a higher degree of wellness than pessimists.
- _____ 15. A Web site that ends in .gov or .edu is probably unreliable.