

Chapter 1 Health Quiz

Multiple Choice

Identify the choice that best completes the statement or answers the question.

1. Life expectancy is
 - a. the ability to enjoy life.
 - b. the degree of overall satisfaction that a person gets from life.
 - c. the absence of illness.
 - d. the number of years a person can expect to live.
2. How well you get along with others is called
 - a. social health.
 - b. mental health.
 - c. emotional health.
 - d. physical health.
3. Which of these is a sign of wellness?
 - a. enthusiasm for life
 - b. isolation from others
 - c. low energy level
 - d. frequent aches and pains
4. All the traits that are passed biologically from parent to child are considered
 - a. culture.
 - b. heredity.
 - c. gender.
 - d. environment.
5. One risk factor you CANNOT control is your
 - a. choice of friends.
 - b. level of physical activity.
 - c. skin color.
 - d. intake of fat, sugar, or salt.

True/False

Indicate whether the statement is true or false.

6. The environment is all the physical and social conditions that surround a person and can influence that person's health.
7. Your social environment includes the people you spend time with—your family, friends, classmates, and other people in your community.
8. Culture is not the beliefs and patterns of behavior that are shared by a group of people and passed from generation to generation.
9. A habit is a behavior that is repeated so often that it becomes almost automatic.

Short Answer

10. Identify six factors that can influence a person's health.

Chapter 1 Health Quiz Answer Section

MULTIPLE CHOICE

1. ANS: D PTS: 1 DIF: L1 REF: p. 2
OBJ: 1.1.1 Describe two factors that can be used to evaluate overall health.
2. ANS: A PTS: 1 DIF: L2 REF: p. 3
OBJ: 1.1.2 List three aspects of overall health. NAT: 4.12.3
3. ANS: A PTS: 1 DIF: L1 REF: p. 5
OBJ: 1.1.3 Explain how the choices that people make can affect their positions on the health continuum.
STA: PL-H-PW-U-7 | PL-H-PW-U-6
4. ANS: B PTS: 1 DIF: L3 REF: p. 6
OBJ: 1.2.1 Identify factors that can influence a person's health.
NAT: 1.12.4 | 2.12.1 STA: PL-H-PW-U-5
5. ANS: C PTS: 1 DIF: L1 REF: p. 10
OBJ: 1.2.2 Describe three strategies you can use to evaluate risk factors.
NAT: 2.12.9 STA: PL-H-PW-S-SMEH3

TRUE/FALSE

6. ANS: T PTS: 1 DIF: L1 REF: p. 2
OBJ: 1.1.1 Describe two factors that can be used to evaluate overall health.
7. ANS: T PTS: 1 DIF: L1 REF: p. 6
OBJ: 1.2.1 Identify factors that can influence a person's health.
STA: PL-H-PW-U-5
8. ANS: F PTS: 1 DIF: L1 REF: p. 19
OBJ: 1.4.1 Describe how to evaluate health products, services, and information.
STA: PL.2.3 | PL-HS-3.1.2 | PL-H-PW-S-PPH3
9. ANS: T PTS: 1 DIF: L1 REF: p. 21
OBJ: 1.4.2 Evaluate what advertising does and does not do for a consumer.
STA: VS-H-CD-S-3 | PL-HS-3.1.3

SHORT ANSWER

10. ANS:
Factors that can influence health include heredity, environment, media, technology, healthcare, and behavior.

PTS: 1 DIF: L1 REF: p. 6
OBJ: 1.2.1 Identify factors that can influence a person's health.
NAT: 1.12.1 | 1.12.3 | 1.12.4 STA: PL-H-PW-U-5