

Name _____

Date _____

Mr. Lewis's Health Education Final Exam 2019

Multiple Choice

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

- _____ 1. Life expectancy is
- the ability to enjoy life.
 - the degree of overall satisfaction that a person gets from life.
 - the absence of illness.
 - the number of years a person can expect to live.
- _____ 2. How well you get along with others is called
- social health.
 - mental health.
 - emotional health.
 - physical health.
- _____ 3. As a consumer, you have the right to
- complain if you have a problem with a product.
 - obtain free samples of products and services.
 - have unlimited warranties on all products.
 - receive refunds without sales receipts or other documentation.
- _____ 4. Choose a helpful method for improving your self esteem.
- Focus heavily on your appearance.
 - Think only about your own concerns.
 - Try to learn from your mistakes.
 - Accept no compliments or flattery.
- _____ 5. Arrange the basic human needs in order according to Maslow's hierarchy, starting at the bottom and ending at the top.
- physical needs, safety, belonging, esteem
 - safety, physical needs, esteem, belonging
 - esteem, belonging, physical needs, safety
 - esteem, physical needs, belonging, safety
- _____ 6. What is the order of stages in the body's response to stress?
- resistance stage, exhaustion stage, alarm stage
 - exhaustion stage, resistance stage, alarm stage
 - alarm stage, exhaustion stage, resistance stage
 - alarm stage, resistance stage, exhaustion stage
- _____ 7. Resilient people
- know that change is something to avoid.
 - are not confident in their abilities.
 - are able to recognize and control their feelings.
 - make unrealistic plans.
- _____ 8. One of the best ways to deal with extreme or prolonged stress is to

- a. act like the stress does not exist.
 - b. build a support system to improve your resilience.
 - c. avoid other people, especially friends and family members.
 - d. focus on the problem constantly until it goes away.
- ___ 9. When you try many different stress-management techniques and nothing seems to work, the best option is to
- a. try each stress-management technique again.
 - b. ignore the stressors and hope they will go away.
 - c. accept that you will always be stressed.
 - d. keep your problems to yourself.
- ___ 10. Which of the following is NOT a good example of someone you should ask to help you with your problems?
- a. your parents
 - b. a friend
 - c. a stranger
 - d. a teacher
- ___ 11. Which of the following statements about the causes of mental disorders is NOT true?
- a. Recent experiences are more likely than early experiences to trigger a mental disorder.
 - b. A tendency toward eating disorders can be inherited from a person's parents.
 - c. Experiences a person has as a child play no role in causing mental disorders.
 - d. Excessive abuse of alcohol can damage the brain and cause a mental disorder.
- ___ 12. A fear of water would be classified as which type of mental disorder?
- a. mood
 - b. schizophrenia
 - c. personality
 - d. anxiety
- ___ 13. Which of the following statements about clinical depression is NOT true?
- a. Depression can cause problems at school and at home.
 - b. Depression usually lasts only a few days.
 - c. If untreated, depression can lead to substance abuse and even suicide.
 - d. As depression deepens, people often are unable to accomplish their daily tasks.
- ___ 14. Which type of mental health professional is most likely to prescribe medication to a patient with clinical depression?
- a. youth counselor
 - b. social worker
 - c. mental health counselor
 - d. psychiatrist
- ___ 15. The desire for revenge leads to
- a. a dangerous cycle of fighting.
 - b. a reduction in anger.
 - c. useful ways to settle arguments.
 - d. an end of violence.
- ___ 16. Friends who urge you to fight are acting as
- a. mediators.
 - b. instigators.
 - c. negotiators.
 - d. vandals.

- ___ 17. The main reason for domestic violence and dating violence is
- one person's inability to fulfill his or her responsibilities in a relationship.
 - accidental injury.
 - one person's desire to have control over another.
 - simple misunderstanding.
- ___ 18. Which of the following can prevent fights?
- discrimination
 - microinsults
 - mediation
 - prejudice
- ___ 19. If a friend reveals plans of violence to you, it is important that you
- ask a trusted adult for help.
 - relay the threat to the other person involved.
 - do not take the threat seriously.
 - spread the plan around to your friends and peers.
- ___ 20. The amount of energy released when nutrients are broken down is measured in units called
- grams.
 - ounces.
 - calories.
 - pounds.
- ___ 21. Nutrients that contain nitrogen as well as carbon, hydrogen, and oxygen are called
- proteins.
 - fats.
 - carbohydrates.
 - vitamins.
- ___ 22. The process of maintaining a steady state inside your body is called
- homeostasis.
 - dehydration.
 - anemia.
 - scurvy.
- ___ 23. Very heavy perspiring or severe diarrhea can result in a serious reduction in the body's water content known as
- anemia.
 - homeostasis.
 - scurvy.
 - dehydration.
- ___ 24. Which of the following is an example of a nutrient-dense food?
- cake
 - low-fat yogurt
 - candy
 - soft drinks
- ___ 25. A feeling of physical discomfort that is caused by your body's need for nutrients is called
- appetite.
 - obesity.

- c. basal metabolic rate.
 - d. hunger.
- _____ 26. Daily values are calculated for the average person who consumes a total of
- a. 200 calories a day.
 - b. 1000 calories a day.
 - c. 2,000 calories a day.
 - d. 10,000 calories a day.
- _____ 27. On a food label, food ingredients are listed in order by
- a. calorie content, from most to least.
 - b. name, in alphabetical order.
 - c. volume, from least to greatest.
 - d. weight, from most to least.
- _____ 28. The food label on a package of crackers indicates a percent Daily Value for iron of 15 percent. This means that
- a. the entire package of crackers is made up of 15 percent iron.
 - b. one serving of the crackers provides 15 percent of the iron that the average person needs each day.
 - c. one cracker provides 15 percent of the iron you need each meal.
 - d. the entire package of crackers provides 15 percent of the iron that the average person needs each day.
- _____ 29. Obesity refers specifically to
- a. adults who have a BMI of 22 or higher.
 - b. teens who have a BMI of 22 or higher.
 - c. adults who have a BMI of 30 or higher.
 - d. teens who have a BMI of 30 or lower.
- _____ 30. Which of the following is NOT a health risk due to being overweight?
- a. excess cholesterol in the blood
 - b. lack of glucose in the blood
 - c. heart disease
 - d. high blood pressure
- _____ 31. During continuous exercise, your brain releases endorphins, chemicals that
- a. allow your heart to pump more blood with less effort.
 - b. lower blood cholesterol levels.
 - c. increase your basal metabolic rate.
 - d. block pain messages from reaching your brain cells.
- _____ 32. The five components of fitness are
- a. cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
 - b. cardiorespiratory endurance, cardiorespiratory strength, muscular flexibility, body weight, and body height.
 - c. cardiorespiratory strength, muscular strength, muscular endurance, flexibility, and body weight.
 - d. cardiorespiratory endurance, muscular composition, muscular strength, flexibility, and body type.
- _____ 33. The FITT formula stands for
- a. fitness, improvement, time, and type.
 - b. fitness, intensity, talk, and test.
 - c. frequency, interest, time, and target.

d. frequency, intensity, time, and type.

- ___ 34. Which of the following is NOT an effect of steroids?
- hair loss
 - increased growth
 - cardiovascular disease
 - mood swings
- ___ 35. For healthy teeth, you should eat a diet that contains high levels of
- sports drinks.
 - sugar.
 - calcium and phosphorus.
 - foods containing acids.
- ___ 36. Which of the following is NOT a function of the skin?
- gathering information from the environment
 - helping the body digest food
 - protecting the body from injury
 - regulating body temperature
- ___ 37. Sweat is excreted through tiny openings called
- nerves.
 - follicles.
 - pores.
 - sebaceous glands.
- ___ 38. The best defense against acne is
- avoiding greasy foods.
 - scratching and squeezing the acne.
 - not eating chocolate.
 - keeping your skin clean.
- ___ 39. What is the alcohol content of a 20-oz beer that contains 5% alcohol?
- 0.4 oz
 - 1.0 oz
 - 4.0 oz
 - 10.0 oz
- ___ 40. Which of the following statements about blood alcohol concentration (BAC) is true?
- Males and females absorb alcohol into the bloodstream at equal rates.
 - Drinking on an empty stomach increases the rate of alcohol absorption into the bloodstream.
 - Larger people generally feel the effects of alcohol more than smaller people.
 - The number of drinks consumed is a more reliable measure of intoxication than BAC.
- ___ 41. Stimulants are drugs that
- improve the function of the cardiovascular system.
 - help people overcome addiction to other drugs.
 - increase the activity of the nervous system.
 - cause cancer in humans.
- ___ 42. Which of the following is a short-term effect of nicotine?
- decreased mucus and saliva production
 - reduced heart rate

- c. decreased bowel activity
 - d. increased blood pressure
- ___ 43. Nursing mothers who smoke produce
- a. no milk.
 - b. milk with high levels of oxygen.
 - c. milk containing nicotine.
 - d. more milk than nonsmoking mothers.
- ___ 44. Tobacco smoke
- a. increases a baby's birthweight.
 - b. speeds a baby's cell growth.
 - c. increases a baby's oxygen supply.
 - d. increases a baby's heart rate.
- ___ 45. A nicotine substitute is a product that
- a. contains all of same chemicals as tobacco.
 - b. contains nicotine, but not the other harmful chemicals found in tobacco.
 - c. is similar to nicotine but has no negative effects.
 - d. replaces all of the nicotine in a smoker's cardiovascular system.
- ___ 46. One example of drug misuse is
- a. taking cough medicine with the right foods at the right time of day.
 - b. smoking marijuana.
 - c. not taking an over-the-counter drug for the correct period of time.
 - d. taking a prescription painkiller to cause a "high."
- ___ 47. The extra dopamine released during drug use can
- a. increase the brain's reactions to natural levels of dopamine.
 - b. lead to intense cravings for the drug when it is not available.
 - c. cause the user to feel more pleasure from normal activities.
 - d. alert the user to the harmful effects of the drug.
- ___ 48. Brain cells along an activated reward pathway release a chemical called
- a. cocaine.
 - b. heroin.
 - c. methamphetamine.
 - d. dopamine.
- ___ 49. Which teen has the LEAST risk for abusing drugs?
- a. Malik has a good relationship with his mother and father.
 - b. Calvin's favorite musician performs songs about dealing and doing drugs.
 - c. Amanda is under intense pressure to win an upcoming triathlon.
 - d. Carmen has many friends who smoke marijuana.
- ___ 50. Decreased alertness, slurred speech, drowsiness, and depressed respiration are common side effects of
- a. hallucinogens
 - b. amphetamines.
 - c. depressants.
 - d. stimulants.
- ___ 51. Which of the following is a sign of possible drug abuse?
- a. participation in normal activities

- b. openness about problems
- c. good performance at school
- d. major changes in behavior or personality

- _____ 52. Which of the following statements about the endocrine system is true?
- a. The endocrine system controls growth rate.
 - b. The endocrine system consists of two different organs.
 - c. Endocrine glands release their chemicals into tiny tubes called ducts.
 - d. Sweat glands are part of the endocrine system.
- _____ 53. Which of the following statements about feminine hygiene sprays, douches, and deodorant tampons is true?
- a. They are recommended by most doctors.
 - b. They may be harmful.
 - c. They are necessary to keep a woman's reproductive system clean.
 - d. They can help prevent sexually transmitted infections.
- _____ 54. What affects your risk for most diseases?
- a. mainly your environment and behavior
 - b. only your genes and your behavior
 - c. a combination of your genes, environment, and behavior
 - d. you genes alone
- _____ 55. How can a person get an STI?
- i. getting a body piercing
 - ii. getting a tattoo
 - iii. injecting drugs
 - iv. having oral sex
 - v. having anal sex
 - vi. having sexual intercourse
- a. i, ii, iii, iv, v, and vi
 - b. i, ii, and iii only
 - c. iii, iv, v, and vi only
 - d. iv, v, and vi only
- _____ 56. A bacterial STI that infects the urinary tract of males and females is
- a. genital herpes.
 - b. syphilis.
 - c. gonorrhea.
 - d. hepatitis.
- _____ 57. Which statement about genital herpes is true?
- a. Antibiotics can be used to cure genital herpes.
 - b. Genital herpes is only passed on when blisters are present.
 - c. Genital herpes is caused by bacteria.
 - d. Some people with genital herpes show no symptoms.
- _____ 58. People should seek treatment for STIs
- a. only when they start noticing severe symptoms.
 - b. as soon as they suspect they may be infected.
 - c. before they begin sexual abstinence.
 - d. only when they are positive they are infected.
- _____ 59. What is the main effect of HIV?

- a. It attacks and destroys liver tissue.
- b. It causes painful blisters to appear on or around the genitals.
- c. It slowly destroys the immune system.
- d. It causes the immune system to overreact to pathogens.

- ___ 60. People are said to be HIV-positive if they are
- a. exposed to HIV.
 - b. tested for HIV.
 - c. diagnosed with HIV.
 - d. cured of HIV.

True/False

Indicate whether the statement is true or false.

- ___ 61. Today, the term health means just the absence of illness.
- ___ 62. Gender can influence your health because risk factors may vary between males and females.
- ___ 63. A warranty is an offer to repair or replace a product if there is a problem.
- ___ 64. As a consumer, you should base your choices on advertisements.
- ___ 65. Agreeableness is a trait that describes how responsible and self-disciplined you are.
- ___ 66. Self-esteem refers to how much other people like and respect you.
- ___ 67. One of the steps of recognizing your emotions is to determine what triggered the emotion.
- ___ 68. One of the warning signs of stress is being supportive of others.
- ___ 69. Reducing stress is one of the ways people can lower their blood pressure and reduce the risk of heart disease and stroke.
- ___ 70. Different people often have different responses to the same stressor.
- ___ 71. During a major life change, sticking to your routines can help you build resilience.
- ___ 72. Bulimia may begin in connection with a diet.
- ___ 73. Most suicides occur without warning.
- ___ 74. Unwanted remarks or actions that cause a person emotional or physical harm are called vandalism.
- ___ 75. Students who use weapons at school often are acting on the rage they feel as victims of harassment.
- ___ 76. Food is your body's energy source.
- ___ 77. Two meals may contain the same number of calories but different amounts of energy.

- ___ 78. The *Dietary Guidelines for Americans* document recommends that teenagers be active for 10 minutes most days.
- ___ 79. In the MyPyramid plan, the stair steps represent food groups.
- ___ 80. Health claims are statements that link foods to certain health risks or benefits.
- ___ 81. Overweight is a term used to describe a person who is lighter than the standard for the person's height.
- ___ 82. One example of a social benefit of physical activity is that it can be a way to have fun.
- ___ 83. If you must exercise at night, you should wear dark-colored clothing.
- ___ 84. If you experience any of the symptoms of overtraining, you should increase the intensity and length of your workout.
- ___ 85. If plaque is not removed within 48 hours, it begins to harden into a material called tartar.
- ___ 86. A doctor who specializes in treating skin problems is called a(n) orthodontist.
- ___ 87. One function of your nails is to provide insulation from the cold.
- ___ 88. A professional who provides eye and vision care is called a(n) dermatologist.
- ___ 89. Alcohol is a drug.
- ___ 90. Teens have an easier time refusing alcohol themselves when they choose friends who use alcohol.
- ___ 91. Binge drinking is the consumption of excessive amounts of alcohol at one sitting.
- ___ 92. Using smokeless tobacco products is safe because no smoke is produced or inhaled.
- ___ 93. Most abused drugs are psychoactive.
- ___ 94. Repeated drug use may lead to drug tolerance, or the need of increasingly larger amounts to achieve the original effect.
- ___ 95. One protective factor for teen drug abuse is poor family relationships.
- ___ 96. A stimulant is a drug that speeds up activities of the central nervous system.
- ___ 97. Fertility is the condition of being unable to reproduce.
- ___ 98. The fewer sexual partners a person has, the greater the chance of getting an STI.
- ___ 99. The number of HIV infections is evenly distributed throughout the world.
- ___ 100. Healthcare providers who wear gloves, gowns, and masks are practicing universal precautions.