Semester Exam Review

Review 2

1. A health literate individual

A. Understands basic health information and services, and uses these sources to promote health and wellness.
B. Puts their own health before any other consideration, such as family.
C. Believes that serious disease only strikes the elderly and those with poor nutrition.
D. Believes only what they want to believe about health.

Answer

A. Understands basic health information and service and uses these sources to promote health and wellness.

2. Which of the following best describes the health triangle?

A.   When two sides of the triangle are strong, the third will take care of itself.

B.   It is best to focus on only your strongest area of the triangle.

C.   To be truly healthy, all three sides need to be in balance.

D.   The triangle has two sides that are more important to overall health than the other.

Answer

C. To be truly healthy all 3 sides must be in balance.

3. The three parts of the health triangle are....

A.   Relationships, physical exercise, and stress management.
B.   Heredity, lifestyle factors, and nutrition.
C.   Risk behavior, prevention, and abstinence.
D.   Physical, mental/emotion, and social health.

Answer

D. Physical, mental/emotional, and social health.

4. What influence on your health cannot be changed?

A.   Your behavior

B.   Your heredity

C.   Your values

D.   Your attitude

Answer

B. Your heredity

5. Getting enough rest, eating nutritious foods, and maintaining a healthy weight are all examples of

A. Cumulative Risks
B. Lifestyle factors
C. Social factors
D. Risk Behaviors

Answer

B. Lifestyle factors

6. "Dynamic Nature" of health means

A.   That it is constantly changing.

B.   We have little control over it.

C.   It changes very slowly.

D.   It is largely due to heredity.

Answer

A.   It is constantly changing

7. Risk behaviors include unhealthy eating habits, sexual activity, and

A. Tobacco use
B. Eating Healthy
C. Abstinence
D. Getting enough rest

Answer

A.   Tobacco use

8. Planned learning experiences that help people make healthy choices is called

A.   Health literacy
B.   Health Education
C.   Wellness
D.   Health

Answer

B. Health Education

9. Which is an external influence on your health?

A.   Your values
B.   Your friends
C.   Your likes and dislikes
D.   Your beliefs

Answer

B. Your friends

10. Your beliefs and attitudes about what is important that help guide your behavior are your

A. Values
B. Role models
C. Decision making skills
D. Option

Answer

A. Values

11. Which of the following accurately describes setting and reaching a goal?

A.   Punishment for failure is a better motivator than a reward for meeting a goal.

B.   Check your progress periodically and make any necessary adjustments.

C.   Breaking a goal down into smaller goals will only distract you.

D.   Asking friends and family for help in reaching your goal is cheating.

Answer

B. Check your progress periodically and make any necessary adjustments.

12. Which is not a part of the H. E. L. P. acronym when trying to make a responsible decision?

A. Healthful
B. Evaluate
C. Lawful
D. Parent Approval

Answer

B. Evaluate

13. Which is not a primary trait of good character?

A.   Trustworthiness
B.   Respect
C.   Responsibility
D.   Friendship

Answer

D. Friendship

14. Which of the following is not a good strategy when refusing to engage in a risky behavior?

A.   Suggesting an alternative for the behavior

B.   Threatening to tell an adult about the risky behavior

C.   Walking away if the other person won't take no for an answer.

D.   Explaining that you won't take part because your parents won't approve.

Answer

B. Threatening to tell an adult about the risky behavior.

15. The nine essential amino acids are

A. Not found in foods
B. Are made by the body
C. All present in incomplete proteins
D. All present in complete proteins

Answer

D. All present in complete proteins.

16. Fat-soluble vitamins

A. Do not build up in the body
B. Are absorbed by fat
C. Are not needed by the body
D. Pass easily into the bloodstream

Answer

B. Are absorbed by fat

17. The form of carbohydrates that helps move waste through the digestive system is known as

A. Fiber
B. Starch
C. Cholesterol
D. Fatty Acid

Answer

A.   Fiber

18. When reading a food label _____% or under is considered a low amount and _____% or higher is considered a high amount.

A. 15% and 35%
B. 10% and 30%
C. 7% and 25%
D. 5% and 20%

Answer

D. 5% and 20%

19. The two most common tests for allergies are a scratch test and a(n)

A.   Blood test
B.   Urine test
C.   Saliva Test
D.   All of the above

Answer

A. Blood test

20. Carbohydrates are broken down into ___ and stored in the ___ as glycogen.

A. Glucose, Kidneys
B. Glucose, Liver
C. Glycogen, stomach
D. Sugar, Liver

Answer

B. Glucose, Liver

21. The major function of protein is

A.   Transporting vitamins
B.   Carrying waste from cells
C.   Producing nerve tissue
D.   Building and repairing body tissues

Anwer

D. Building and repairing body tissue

22. Which is not on of the most common food allergies?

A. Nuts
B. Fish
C. Soy
D. Oranges

Answer

D. Oranges

23. What will happen if you take in more calories than you burn?

A.   A metabolism will increase.
B.   Your amount of stored body fat may increase.
C.   Your body will excrete the extra weight.
D.   You will maintain your current weight.

Answer

B. You amount of stored body fat may increase.

24. The number of calories a person takes in each day should be unaffected by

A.   Age
B.   Gender
C.   Body Frame (genetics)
D.   Body image

Answer

D. Body Image

25. Body composition is the ratio of body fat to

A. Muscle
B. Bone
C. Lean body tissue
D. Cartilage and tendons

Answer

C. Lean body tissue

26. What contributes to obesity?

A. Avoiding fast food
B. Having excess muscle tissue
C. Sedentary lifestyle and poor diet.
D. A balance of high - fat and low - fat foods in the diet.

Answer

C. Sedentary lifestyle and poor nutrition

27. Which of the following describes a person who is obese?

A. A person with a large amount of body fat.
B. A person who weighs more than what is appropriate for his/her height.
C. A person who has excess muscle tissue.
D. A person who weighs less than what is appropriate for his/he height.

Answer

A. A person with a large amount of body fat

28. How many days before a competition should you carb load?

A. 0-1
B. 2-3
C. 3-4
D. 4-5

Answer

B. 2-3

29. Which is an appropriate way to manage your weight?

A.   Target your appropriate weight
B.   Set realistic goals
C.   Put your goal and plan into writing
D.   All of the above

Answer

D. All of the above

30. Shoulder blade

A. Clavicle
B. Scapula
C. Humerus
D. Sternum

Answer

B. Scapula

31. Lower Jaw

A.   Cranium
B.   Coccyx
C.   Maxilla
D.   Mandible

Answer

D. Mandible

32. Fingers and Toes

A. Carpals
B. Metacarpals
C. Phalanges
D. Tarsals

Answer

C. Phalanges

33. Thumb side of arm

A. Radius
B. Ulna
C. Humerus
D. Femur

Answer

A.   Radius

34. Thighbone

A. Humerus
B. Radius
C. Tibia
D. Femur

Answer

D. Femur

35. Kneecap

A. Femur
B. Tibia
C. Patella
D. Radius

Answer

C. patella

36. Shinbone

A.   Femur
B.   Tibia
C.   Clavicle
D.   Sacrum

Answer

B. Tibia

37. Collarbone

A. Sternum
B. Sacrum
C. Coccyx
D. Clavicle

Answer

D. Clavicle

40. This is the shaft of the long bone.

A. Diaphysis
B. Thoracic
C. Epiphysis
D. Lumbar

Answer

A.   Diaphysis

41. This is the end of the long bone

A. Diaphysis
B. Cervical
C. Epiphysis
D. Thoracic

Answer

C. Epiphysis

42. The substance inside of bones that aids in making blood cells.

A.   Spongy bone
B.   Blood
C.   Minerals
D.   Marrow

Answer

D. Marrow

43. This connects one bone to another bone.

A. Ligament
B. Tendon
C. Marrow
D. Cartilage

Answer

A.   Ligament

44. This attaches bone to muscle

A. Ligament
B. Tendon
C. Marrow
D. Cartilage

Answer

B. Tendon

45. How many bones are in the human body?

A. 104
B. 12
C. 206
D. 189

Answer

C. 206

46. This includes the bones of the skull, sternum, ribs, and vertebrae.
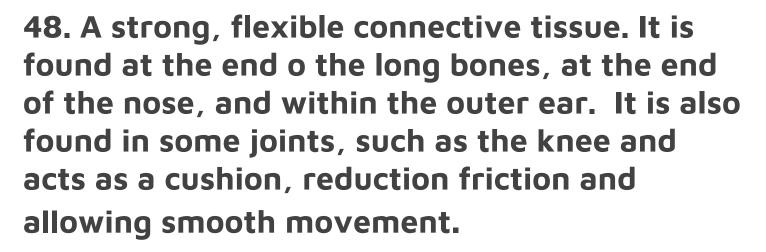
A.   Axial skeleton
B.   Abductor skeleton
C.   Appendicular skeleton
D.   Adduction skeleton

Answer

A.   Axial Skeleton

47. This includes the bones of the shoulders, arms, hands, hips, legs and feet.

A.   Axial Skeleton
B.   Abductor Skeleton
C.   Appendicular Skeleton
D.   Adductor Skeleton

Answer

C. Appendicular skeleton

48. A strong, flexible connective tissue. It is found at the end o the long bones, at the end of the nose, and within the outer ear. It is also found in some joints, such as the knee and acts as a cushion, reduction friction and allowing smooth movement.

A.   Joint
B.   Cartilage
C.   Ligament
D.   Tendon

Answer

B. Cartilage

49. How long is the spinal cord?

A. 3 inches
B. 9 inches
C. 18 inches
D. 24 inches

Answer

C. 18 inches

50. What is the approximate weight of the human brain?

A. 1 lb
B. 3 lbs
C. 6 lbs
D. 9 lbs

Answer

B. 3 lbs

51. This lobe of the brain is responsible for your sense of vision.

A.   Frontal
B.   Parietal
C.   Occipital
D.   Temporal

Answer

C.   Occipital

52. This part of the brain is the center for coordinated skeletal movements.

A.   Cerebrum
B.   Cerebellum
C.   Brain Stem
D.   Medulla Oblongata

Answer

B. Cerebellum

53. This lobe of the brain controls the senses of hearing, smell, memory, thought and judgement.

A. Frontal
B. Parietal
C. Occipital
D. Temporal

Answer

D. Temporal

54. This part of the brain control the heartbeat, breathing, vomiting, sneezing, and swallowing.

A.   Cerebrum
B.   Cerebellum
C.   Hypothalamus
D.   Medulla Oblongata

Answer

D. Medulla Oblongata.

55. This lobe of the brain is in control of sensory information such as heat, cold, pain, and touch.

A. Frontal
B. Parietal
C. Occipital
D. Temporal

Answer

B. Parietal

56. This lobe of the brain is responsible for voluntary movements, language, motivation, and mood.

A.   Frontal
B.   Parietal
C.   Occipital
D.   Temporal

Answer

A.   Frontal

57. Which is not part of a neuron?

A. Cell Body
B. Axon
C. Dendrite
D. Interneuron

Answer

D. Interneuron

58. The state of being protected against a particular disease is

A. Immunity
B. Viruses
C. Infection
D. Vaccine

Answer

A. Immunity

59. A disease that is spread from one living thing to another or through the environment.

A. Bacteria
B. Communicable Disease
C. Toxin
D. Vaccine

Answer

Communicable Disease

60. A preparation of dead or weakened pathogens that are introduced into the body to stimulate an immune response.

A. Infection
B. Toxin
C. Antibody
D. Vaccine

Answer

D. Vaccine

61. True or False

Flexors are muscles that close a joint.

Answer

True

62. True or False

When a muscle contracts it means the muscle gets longer.

Answer

False

63. True or False

Vegetables, fruits, and whole grains do not provide all the nutrients that animals do.

Answer

True

64. True or False

In order to lose weight effectively, you should aim to lose 3 lbs per week.

Answer

False

65. True or False

The three macronutrients are carbohydrates, proteins, and fat.

Answer

True

66. True or False

If proteins are used for energy they can be used to build and repair muscle.

Answer

False

67. True or False

Core ethical values such as responsibility, honesty, and respect, differ greatly across culture and age groups.

Answer

False

68. True or False

You can demonstrate the character trait of respect by being accountable for your actions.

Answer

False

69. True or False

Smooth muscles work involuntarily.

Answer

True

70. True or False

Muscle atrophy refers to the maximum size that a particular muscle can reach.

Answer

False

71. True or False

A normal, healthy heart beats approximately 100,000 times per day.

Answer

True

72. True or False

You have less control over your external influences than your internal influences.

Answer

True

73. True or False

Caring, a trait of good character, is demonstrated by obeying laws.

Answer

False

74. True or False

Body Mass Index (BMI) is the most accurate way to assess your weight.

Answer

False

75. True or False

Whole milk is considered to be the best source of nutrients for infants.

Answer

False

76. True or False

According to a BMI chart, athletes may be overweight due to excess muscle tissue rather than excess fat.

Answer

True

77. True or False

SoFAs stands for Solid Fats and Added sugars.

Answer

True

78. True or False

Safe food handling practice include: preventing cross contamination, using dish cloths to wipe down surfaces, using porous cutting boards such as wood.

Answer

False

79. True or False

Excess buildup of fat-soluble vitamins can be toxic.

Answer

True

80. True or False

A hernia occurs when an organ or tissue protrudes from a weak muscle

Answer

True

81. True or False

Skeletal muscles work voluntarily.

Answer

True

82. True or False

Cardiac muscles act on the lining of internal organs and passageways.

Answer

False

83. True or False

People of the same age, who share similar interests and the same body type are referred to as peers.

Answer

False

84. True or False

Abstinence is best described as avoiding illegal behaviors.

Answer

False

84. Combination of physical, mental, and social well being.

A. Health Education
B. Wellness
C. Health
D. Culture

Answer

C. Health

86. An overall state of well being

A. Health
B. Wellness
C. Health Education
D. Abstinence

Answer

B. Wellness

87. Practicing health and safety habits to prevent disease and injury.

A. Abstinence
B. Wellness
C. Health
D. Prevention

Answer

D. Prevention

88. The collective beliefs, customs and behaviors of a group.

A.   Culture
B.   Customs
C.   Values
D.   Character

Answer

A.   culture

89. Actions that can threaten the health of others and yourself.

A.   Cumulative Risks
B.   Lifestyle Factors
C.   Risk Behaviors
D.   Environment

Answer

C. Risk Behaviors

90. The sum of your surroundings

A.   Culture
B.   Environment
C.   Heredity
D.   Health literacy

Answer

B. Environment

91. A multi-step strategy to identify and achieve your goal.

A. Long- term goal
B. Short - term goal
C. Goal
D. Action Plan

Answer

D. Action plan

92. Taking action to influence others to address a health-related concern or to support a health related belief.

A. Health literacy
B. Decision Making
C. Advocacy
D. Health skills

Answer

C. Advocacy

93. Specific tools and strategies that help you maintain, protect, and improve all aspects of your health.

A. Health skills
B. Health Education
C. Decision Making skills
D. Refusal skills

Answer

A.   Health skills

94. The exchange of thoughts, feelings, and beliefs between two or more people.

A.   Interpersonal Communication
B.   Intrapersonal Communication
C.   Refusal Skills
D.   Decision Making

Answer

A.   Interpersonal Communication

95. Something you aim for that takes planning and work.

A.   Action Plan
B.   Short - Term goal
C.   Long - Term goal
D.   Goal

Answer

D. Goal

96. Units of heat that measure the energy used by the body and the energy the food supplies to the body.

A. Nutrition
B. Carbohydrate
C. Calories
D. Nutrients

Answer

B. Carbohydrates

97. A fatty substance that does not dissolve in water.

A. Carbohydrate
B. Fiber
C. Minerals
D. Lipid

Answer

D. Lipid

98. A set of recommendations for healthful eating and active living.

A. Nutrition
B. Dietary Guidelines for Americans
C. My Food Pyramid
D. Nutrients

Answer

B. Dietary Guidelines for Americans

99. A guide for making healthful daily food choices.

A. Nutrition
B. Dietary Guidelines for Americans
C. My Food Pyramid
D. Nutrients

Answer

C. My Pyramid

100. The process of providing or obtaining the food necessary for health and growth and nourishing the body.

A.   Nutrition
B.   Nutrients
C.   Vitamins
D.   Minerals

Answer

A.   Nutrtion

101. Substances in food that your body needs to grow, to repair itself, and to supply you with energy.

A. Nutrition
B. Nutrients
C. Vitamins
D. Minerals

Answer

B. Nutrients

102. A diet that is popular for a short period of time.

A. Diet
B. Fasting
C. Fad Diet
D. Binge Eating

Answer

C. Fad Diet

103. A ratio that allows you to assess your body size to your height and weight.

A.   Body Mass Index (BMI)
B.   Body Composition
C.   Weight
D.   Body Image

Answer

A.   Body Mass Index (BMI)

104. A disorder in which some form of purging or clearing the digestive tract follows cycles of overeating.

A.   Anorexia Nervosa
B.   Bulimia Nervosa
C.   Body Image
D.   Eating Disorder

Answer

B. Bulimia Nervosa

105. A disorder in which the irrational fear of becoming obese leads to severe weight loss from self imposed starvation.

A.   Anorexia Nervosa
B.   Bulimia Nervosa
C.   Body Image
D.   Eating Disorder

Answer

A.   Anorexia Nervosa

106. Foods that are high in nutrients compared to their caloric content.

A. Nutrients
B. Carbohydrates
C. Protein
D. Nutrient Dense Foods

Answer

D. Nutrient Dense Foods

107. An extreme harmful eating behavior that causes serious illness or even death.

A.   Anorexia Nervosa
B.   Bulimia Nervosa
C.   Eating Disorder
D.   Binge Eating

Answer

C. Eating Disorder

108. Compounds that help regulate many vital body processes, including digestion, absorption, and metabolism of other nutrients.

A. Vitamins
B. Minerals
C. Nutrients
D. Dietary Supplement

Answer

A.   Vitamins

109. Substances that the body cannot manufacture but are needed for forming healthy teeth and bones and for regulating many vital body processes.

A. Vitamins
B. Minerals
C. Nutrients
D. Dietary Supplement

Answer

B. Minerals

110. The starches and sugars present in foods.

A.   Proteins
B.   Fats
C.   Carbohydrates
D.   Fiber

Answer

C. Carbohydrates