

Lesson Quiz 1

Lesson Quiz

FOR USE WITH CHAPTER 1, LESSON 1

Directions: In the space provided, write the term from the list that best completes the statement.

1. _____ is the combination of physical, mental/emotional, and social well-being.
2. Practicing health and safety habits to remain free from disease and injury is referred to as _____.
3. _____ is an overall state of well-being, or total health.
4. Planned learning experiences that help people make healthy choices are called _____.
5. _____ refers to a person's capacity to learn about and understand basic health information and services and use these resources to promote his or her health and wellness.

health
health education
health literacy
prevention
wellness

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

6. Which of the following is a lifestyle factor that promotes good health?
 - a. getting between 5 and 7 hours of sleep each night
 - b. being physically active for at least 10 minutes a day, three days a week
 - c. skipping meals to maintain a healthy weight
 - d. managing stress
7. The nationwide health promotion and disease prevention plan is called
 - a. *Health Education.*
 - b. *Healthy People 2010.*
 - c. *Health Literacy.*
 - d. *The Health Continuum.*
8. Being healthy
 - a. is an absolute state.
 - b. means you will never be sick.
 - c. means striving to be the best you can be at any given time.
 - d. is the same as being physically well.
9. Preventive measures include
 - a. wearing safety belts.
 - b. avoiding unsafe areas.
 - c. applying sunscreen.
 - d. all of the above
10. A recent trend in our nation's health is a(n)
 - a. decrease in the number of teens becoming parents.
 - b. rise in the infant death rate.
 - c. decline in the use of alcohol, tobacco, and other drugs.
 - d. increase in death rates from coronary heart disease and stroke.