Multiple Choice

1. Prior to the twentieth century, what were the leading causes of death?
   a. unhealthy behaviors                  c. controllable risk factors
   b. infectious diseases                  d. age, race, and gender

2. Controllable risk factors for heart disease include
   a. age, race, and gender.
   b. heredity, weight, and physical activity.
   c. high blood pressure, smoking, and age.
   d. physical activity, weight, and smoking.

3. Having satisfying relationships is an example of good
   a. spiritual health.                c. emotional health.
   b. mental health.                   d. social health.

4. What is the cause of most health problems today?
   a. lifestyle                           c. risk factors
   b. infectious diseases               d. heredity

5. What is the single leading preventable cause of death in the United States?
   a. a high-fat diet                   c. homicide
   b. failure to wear a seat belt         d. tobacco use
6. The values, beliefs, and practices shared by people who have a common background make up the group’s
   a. culture.  c. environment.
   b. society.  d. inheritance.

7. What is the major cause of death for teens?
   a. homicide  c. infectious diseases
   b. car accidents  d. suicide

8. What is a life skill?
   a. a way of avoiding dealing with problems
   b. a tool for building a healthy life
   c. something to use to make money
   d. a result of your actions

9. An example of media is
   a. TV.  c. the newspaper.
   b. radio.  d. all of the above

10. Peer pressure is
    a. a feeling that you should do something because that is what your friends want.
    b. always a negative influence.
    c. Both a and b  d. Neither a nor b
11. Direct pressure is
   a. the pressure that results from someone who tries to convince you to do something you normally wouldn’t do.
   b. the pressure that results from being swayed to do something because people you look up to are doing it.
   c. a strategy to avoid doing something you don’t want to do.
   d. all of the above

12. A resource is
   a. a way of dealing with problems.  
   b. a tool for building a healthy life.
   c. something to use to reach a goal.
   d. a result of your actions.

13. A goal is
   a. a set of directions.
   b. a tool for building a healthy life.
   c. a result of your actions.
   d. something that you work toward and hope to achieve.

14. Identify the life skill that emphasizes the importance of using analytical skills when reading the newspaper.
   a. Making GREAT Decisions
   b. Using Refusal Skills
   c. Evaluating Media Messages
   d. Communicating Effectively

15. Which of these is one of the six suggestions for setting goals?
   a. safe
   b. specific
   c. sensible
   d. all of the above
16. Which of the following is not an important step in improving your self-esteem?
   a. acting with integrity       c. comparing yourself to others
   b. choosing supportive friends d. accepting yourself

17. When you make an action plan, you should include
   a. a date to meet the goal.     c. rewards.
   b. influences.                d. all of the above

18. Expressing yourself in a hostile and unfriendly manner is a characteristic of
   a. active listening.          c. aggressive communication.
   b. passive listening.         d. assertive communication.

19. If you are jealous because your girlfriend or boyfriend is dating other people, you should
   a. try not to be critical of yourself.
   b. get some exercise.
   c. discuss your feelings with your girlfriend or boyfriend.
   d. build something.

20. Which of these is not an example of aerobic exercise?
   a. gymnastics                  c. walking
   b. swimming                   d. dancing

21. What does NREM stand for as a type of sleep?
   a. “rapid eye movement”        c. dream sleep
   b. “non-rapid eye movement”    d. none of the above
22. You can avoid many exercise injuries if you
   a. dress for the weather.
   b. listen to your body signals.
   c. exercise at least two or three times weekly.
   d. all of the above

23. Symptoms of an eating disorder include all of the following except
   a. starving oneself.   c. obsessive thoughts about weight control.
   b. gaining 5 pounds. d. eating large amounts of food and then vomiting.

24. A chronic disease is a disease that
   a. develops gradually and continues over a long period of time.
   b. develops quickly and is over quickly.
   c. develops gradually and is over quickly.
   d. develops quickly and continues for a long period of time.

25. In fitness repetitions are
   a. the length of time an exercise is performed.
   b. a fixed number of repetitions followed by a rest period.
   c. a rest period.
   d. the number of times an exercise is performed.

26. After you have been following the fitness plan that you designed, how long, on average, should it take to see differences in the health-related components?
   a. 2 weeks       c. 3 months
   b. 6 weeks       d. 6 months
27. Insomnia is
   a. interruptions in breathing patterns during sleep.
   b. a lack of sleep.
   c. an inability to sleep, even if tired.
   d. the pattern of sleepiness and wakefulness.

28. Which of the following foods belong to the milk, yogurt, and cheese group?
   a. eggs
   b. ice cream
   c. donuts
   d. all of the above

29. Which of the following should be the main source of food energy?
   a. carbohydrates
   b. proteins
   c. fats
   d. minerals

30. A deficiency of calcium can lead to
   a. rickets.
   b. osteoporosis.
   c. scurvy.
   d. anemia.

31. The carbohydrate that circulates in your blood and provides energy for your cells is a
   a. complex carbohydrate called glycogen.
   b. a single sugar called fructose.
   c. a single sugar called glucose.
   d. a complex carbohydrate called starch.
32. Insoluble fiber
   a. dissolves in water.
   b. is found in oat bran, apples, beans, and some vegetables.
   c. is found in refined-grain products.
   d. add bulk to your body’s wastes.

33. The class of nutrient that is essential for body growth and repair is
   a. vitamins.  
   b. fats.
   c. proteins.
   d. carbohydrates.

34. The special dietary needs of athletes focus on
   a. getting adequate fluid and meeting energy needs.
   b. adding iron supplements.
   c. cutting back on carbohydrates.
   d. cutting back on protein.

35. Ideal body weight should be based on
   a. height and weight charts.
   b. body composition.
   c. size of body frame.
   d. lean mass.

36. Which of the following is not a characteristic of a healthful diet?
   a. sound, well-balanced choices from a variety of foods
   b. following the guidelines of dietary recommendations
   c. over-the-counter diet medications
   d. eating a balanced breakfast
37. Which of the following is not a recommended suggestion for gaining weight?
   a. Reduce the number of Calories you eat.
   b. Increase your strength-training exercise level.
   c. Eat a variety of nutritious, high-calorie foods.
   d. Avoid skipping meals.

38. The brain reward system describes how
   a. drugs of abuse are taken into the body.
   b. neurotransmitters release chemicals at synapses.
   c. the release of dopamine causes pleasure, reinforcing a behavior.
   d. students can get good grades by studying hard.

39. Which of the following characteristics might indicate that a person is at risk for an eating disorder?
   a. an urge to throw up after eating
   b. a guilty feeling when eating sweet or fattening foods
   c. over-exercising to burn all the Calories eaten
   d. all of the above

40. Drugs can enter your body
   a. through inhalation and ingestion.
   b. by release from implanted pumps or injection.
   c. via transdermal patches and topical application.
   d. all of the above
41. Alcohol is considered a drug because
a. it causes a change in a person’s physical and emotional state.
b. it is a regulated substance.
c. it is made from naturally occurring substances such as sugar.
d. it is a naturally occurring substance found in beer and wine.

42. Which of the following is not a long-term effect of alcohol?
   a. hepatitis   c. hangover
   b. cirrhosis   d. brain damage

43. Which of the following is a good reason not to drink alcohol?
   a. Alcohol abuse is harmful to your body.
b. It is illegal for people under the age of 21 to drink.
c. It would disappoint my parents if I was caught drinking.
d. all of the above

44. Which of the following is not a short-term effect of alcohol?
   a. nausea   c. enhanced vision
   b. vomiting   d. memory loss

45. Drinking alcohol at inappropriate times is known as
   a. alcoholism.   c. binge drinking.
b. alcohol abuse.   d. intoxication.
46. Which of the following is a negative effect that alcohol can have on a family?
   a. violence
   b. unpredictable behavior
   c. children are often neglected and isolated
   d. all of the above

47. Which of the following is a controllable risk factor for alcoholism?
   a. genes                        c. age that drinking begins
   b. environment                  d. None of the above

48. The blood’s ability to carry oxygen is blocked by
   a. tar.                        c. nicotine.
   b. carbon monoxide.            d. formaldehyde.

49. What are the new laws called that make it illegal for anyone under the age of 21 to drive with any amount of alcohol in his or her system?
   a. zero tolerance laws         c. MADD laws
   b. underage drinking laws      d. SADD laws

50. Tobacco smoke paralyzes and kills
   a. cilia.                      c. lungs.
   b. alveoli.                    d. mucus.
51. Which of the following is not a short-term effect of tobacco use?
   a. increased energy
   b. increased breathing rate
   c. increased heart rate and blood pressure
   d. increased blood-sugar levels

52. When using illegal drugs, the risk of catching certain infectious diseases increases because
   a. people who use illegal drugs are usually ill.
   b. some drugs carry disease.
   c. some illegal drug users share needles.
   d. people who use illegal drugs spend so much time together.

53. Which of the following is a reason a person might begin using drugs?
   a. to experiment
   b. to escape from depression or boredom
   c. to engage in a risk-taking behavior
   d. all of the above

54. When you stop using tobacco, your senses of smell and taste will return within
   a. a year.   c. hours.
   b. a few days.   d. a month.
55. Teens are at a higher risk of using illegal drugs because 
   a. they are less mature than adults.  
   b. of the pressures and changes associated with adolescence. 
   c. most teens are unhappy with their lives. 
   d. all of the above 

56. Which of the following is not true about hashish? 
   a. It comes from the same plant as marijuana. 
   b. Its effects are not as strong as those of marijuana. 
   c. Its active ingredient is THC. 
   d. It causes loss of balance and coordination. 

57. Flashbacks are one of the dangerous side effects associated with 
   a. LSD.  
   b. heroin.  
   c. amphetamines.  
   d. marijuana. 

58. The changes in the brain seen in marijuana users are similar to those seen in 
   a. long-term alcohol users.  
   b. heroin users.  
   c. first-time crack users.  
   d. amphetamine users. 

59. The most frequently used date-rape drug is 
   a. LSD.  
   b. methamphetamine.  
   c. THC.  
   d. Rohypnol
60. The best way to avoid drugs is to

a. make sure your friends know you are not interested.

b. explain to friends who use drugs why they shouldn’t.

c. stay away from people who use drugs and places where drugs will be used.

d. make it clear at parties where drugs are being used that you are not interested.