Foundations 1E Lesson 1.5 Quiz Answers

Type: MT

Title: Lesson 1.5 Quiz

Topic: L1.5LO24: Define what a noncommunicable disease is and give four examples.

1. Match each disease with its description.

a. clogged arteries = atherosclerosis

b. not enough blood to the brain = stroke

c. high blood pressure = hypertension

d. too much blood sugar = diabetes

e. uncontrolled growth of abnormal cells = cancer

f. weak bones = osteoporosis

g. symptoms include stiff, achy, and painful joints = arthritis

h. affects the ability to breathe = asthma

i. loss of brain function over time = dementia

j. insufficient amount of blood to heart and damaged tissue = heart attack

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Topic: L1.5LO25: Explain why most noncommunicable diseases are also chronic diseases.

2. Many noncommunicable diseases hold the risk of becoming chronic because they

a. require antibiotics for treatment

b. rarely last longer than a month

\*c. are due to genetic and lifestyle factors

d. cannot be transmitted from one person to another

Title: Lesson 1.5 Quiz

Topic: L1.5LO26: Identify five behaviors that can contribute to a person’s risk of noncommunicable diseases.

3. Which of the following protects you from getting melanoma?

\*a. staying out of the sun

b. eating a healthy diet

c. avoiding tobacco smoke

d. staying physically active

Title: Lesson 1.5 Quiz

Topic: L1.5LO27: Identify the signs of a heart attack.

4. Lightheadedness and a radiating pain in the arm are signs of heart attack.

\*a. true

b. false

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Topic: L1.5LO28: Explain what a behavior contract is and how it helps people take responsibility for personal health behaviors.

5. Which of the following is NOT typically included in a behavior contract?

a. a plan or strategy for meeting goals

\*b. a penalty for not meeting goals within a certain period

c. a date for meeting goals

d. a reward for reaching goals