Foundations 1E Quiz Questions Lesson 1.1

1. Which is part of the social dimension of wellness?

a. gaining numerous likes on social media sites

b. seeking healthy and meaningful relationships

c. having lots of friends

d. avoiding uncomfortable social situations

Answer: \_\_\_\_\_

2. Leonard admits he has a problem with overeating, but he has yet to change his eating habits. Which stage of behavior change is he in?

a. stage 1

b. stage 2

c. stage 3

d. stage 4

Answer: \_\_\_\_\_

3. Age is an example of a genetic influence on health.

a. True

b. False

Answer: \_\_\_\_\_

4. Going to bed one hour earlier each night would likely result in all of the following EXCEPT

a. having more energy

b. managing boundaries better

c. being more emotionally stable

d. learning better

Answer: \_\_\_\_\_

5. Lucy’s mother has never been interested in exercise, and Lucy also is not physically active. This is an example of a \_\_\_\_\_\_\_\_\_\_ influence on health behavior.

a. community

b. family

c. media

d. peer

Answer: \_\_\_\_\_