Foundations 1E Quiz Questions Lesson 1.2

1. A person with good health literacy can

a. find and understand basic health information

b. choose health services wisely

c. distinguish between accurate and inaccurate health information

d. all of the above

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

2. Which website address is most likely to contain valid and reliable information?

a. http://physicalactivity.gov

b. http://physicalactivity.com

c. http://physicalactivity.biz

d. none of the above

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

3. If health information is factually correct and makes logical sense, it is said to be

a. reliable

b. misleading

c. valid

d. corrupt

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

4. What is an example of health advocacy in action?

a. learning from a friend about a new treatment for breast cancer

b. making a sign for Breast Cancer Awareness Day to display in your yard

c. watching a documentary about cancer treatments in other countries

d. keeping a private journal reflecting your ideas about the dangers of cancer

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

5. All of the following are important skills for active listening EXCEPT

a. asking questions

b. restating what you hear

c. making eye contact

d. brainstorming options

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