Foundations 1E Lesson 1.1 Quiz Answers

Title: Lesson 1.1 Quiz

Topic: L1.1LO1: Explain the difference between health, wellness, and illness.

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

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Topic: L1.1LO2: Describe the stages of behavior change.

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

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Topic: L1.1LO3: Describe the interrelationship of individual, social, environmental, and genetic influences on a person’s health.

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

a. true

\*b. false

Title: Lesson 1.1 Quiz

Topic: L1.1LO4: Analyze the relationship between healthy behaviors and personal health.

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

Title: Lesson 1.1 Quiz

Topic: L1.1LO5: Analyze the types of influences that affect personal health and wellness.

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