Foundations 1E Chapter 02 Test Answers

Title: Chapter 2 Test

Topic: L2.1LO1: Define what hygiene is and explain why it is important.

1. Hygiene means keeping your body groomed and clean so you stay healthy.

\*a. true

b. false

Title: Chapter 2 Test

Topic: L2.1LO1: Define what hygiene is and explain why it is important.

2. What is an example of what could happen if a person doesn’t maintain good personal hygiene?

\*a. have tooth and gum problems

b. lose muscle tone

c. develop type 1 diabetes

d. have memory problems

Title: Chapter 2 Test

Topic: L2.1LO2: Understand the anatomy of the skin, hair, and nails.

3. If you pick up a hot dinner plate with your bare hands, how does the skin on your hands and fingers react?

a. The sweat glands in the dermis produce panic sweat, causing the plate to slip from your grasp.

\*b. The nerves in the dermis layer quickly send you a message that the plate is burning you.

c. The blood vessels in the hypodermis layer contract, causing your muscles to lose their grip.

d. The fifth layer of the epidermis produces extra melanin to protect you from the heat.

Title: Chapter 2 Test

Topic: L2.1LO2: Understand the anatomy of the skin, hair, and nails.

4. Your skin wrinkles as you get older due to

a. clogged blood vessels in the hypodermis layer

b. loss of fat in the hypodermis layer

c. loss of oil in the dermis layer

\*d. loss of protein in the dermis layer

Title: Chapter 2 Test

Topic: L2.1LO3: Identify common problems with skin, hair, nails, and teeth.

5. Valeria wants to be able to put her hair into an “up-do” for graduation in the spring. Which is the best estimate of how much her hair will grow from the beginning of September to the end of May?

a. 3.5 inches (8.9 cm)

\*b. 4.5 inches (11.4 cm)

c. 5.5 inches (14.0 cm)

d. 6.5 inches (16.5 cm)

Title: Chapter 2 Test

Topic: L2.1LO3: Identify common problems with skin, hair, nails, and teeth.

6. Due to anxiety attacks, Melvin often bites his nails. This habit is likely to cause which of the following?

a. fungal infections

b. tooth decay

\*c. ingrown nails

d. bleeding cuticles

Title: Chapter 2 Test

Topic: L2.1LO3: Identify common problems with skin, hair, nails, and teeth.

7. What do tooth decay and gum disease have in common?

\*a. A sticky film called plaque causes both of them.

b. They can worsen if the teeth are crowded.

c. The herpes simplex virus causes both of them.

d. After the adult teeth come in, they are unavoidable.

Type: E

Title: Chapter 2 Test

Topic: L2.1LO4: Evaluate the effects media have on our decisions about skin and hair care.

8. Explain how the media use technology in ways that could affect your own decisions about your appearance.

a. Technology makes it easy for the media to make models and celebrities look better than in real life, with flawless features; perfect skin; and shiny, thick hair. You should not try to compare your own looks to these false, digitally altered images.

Title: Chapter 2 Test

Topic: L2.2LO5: Explain how vision works.

9. If the pupil in your eye didn’t change its shape, how would that affect your vision?

a. All objects you see would appear to be the same size.

\*b. What you see would appear either too dark or too bright.

c. You wouldn’t be able to see objects of certain colors.

d. You would be able to see objects close up or far away, but not both.

Title: Chapter 2 Test

Topic: L2.2LO5: Explain how vision works.

10. Your eyes take in light, colors, and shapes, but your brain decides what you’re looking at.

\*a. true

b. false

Title: Chapter 2 Test

Topic: L2.2LO6: Compare nearsightedness and farsightedness.

11. What do nearsightedness and farsightedness have in common?

a. Both conditions affect young people more than older people.

\*b. Both conditions are caused by light not focusing right on the retina.

c. Both conditions have nothing to do with genetics or family history.

d. Both conditions occur because of an abnormality in the optic nerve.

Title: Chapter 2 Test

Topic: L2.2LO7: Describe what eye strain is and explain how to help reduce it.

12. Raul has been playing video games all weekend, and he notices that the screen is looking blurry and he has a headache. Raul probably has an eye infection.

a. true

\*b. false

Title: Chapter 2 Test

Topic: L2.2LO7: Describe what eye strain is and explain how to help reduce it.

13. Your sister has been complaining that she is seeing double and her eyes feel dry and irritated. Which is the best suggestion for treating your sister’s problem?

a. Administer eye drops once a day.

b. Wear glasses more often instead of contact lenses.

\*c. Reduce the amount of time she spends online.

d. Increase her intake of foods containing vitamin A.

Title: Chapter 2 Test

Topic: L2.2LO8: Analyze how earbuds and headphones might contribute to hearing loss.

14. To protect against hearing loss when working in a very loud environment, a person should \_\_\_\_\_\_\_\_\_\_.

a. wear earbuds

b. have the ears checked and cleaned by a physician

\*c. wear earplugs

d. wear a hearing aid

Type: E

Title: Chapter 2 Test

Topic: L2.2LO9: Analyze how perception of norms influence vision and hearing behaviors.

15. Explain what advocacy is and why it is an important health skill to develop.

a. Answers should include the following ideas: Advocacy is the act or process of supporting or promoting a cause or an issue. Learning how to advocate for your own health needs to get the care and support you need is important. Advocating for the health needs of others, such as friends and family, when stress and anxiety may interfere with their ability to listen to health professionals also is important. As a citizen, you also have a responsibility to advocate for the community’s health needs.

Title: Chapter 2 Test

Topic: L2.3LO10: Explain why sleep is important.

16. How is sleep related to depression?

\*a. Lack of good quality sleep increases the likelihood of depression.

b. Sleeping too much increases the likelihood of depression.

c. The amount of quality sleep is unrelated to depression.

d. Sleeping less than usual decreases the likelihood of depression.

Title: Chapter 2 Test

Topic: L2.3LO10: Explain why sleep is important.

17. What conclusion can you draw from the sleep recommendations for different ages?

a. The amount of sleep needed each night is important only for young children.

b. Sleep becomes more difficult as you get older.

\*c. The amount of sleep you need each night decreases as you get older.

d. The amount of sleep you need each night increases as you get older.

Title: Chapter 2 Test

Topic: L2.3LO11: Explain how much sleep you need at different stages of life.

18. Francois is 17, and he normally sleeps nine hours a night. Which statement best describes the amount of sleep he is getting at his stage of life?

a. Francois is sleeping less than the recommended number of hours each night.

b. Francois is sleeping more than the recommended number of hours each night.

c. Francois is sleeping two hours more than the recommended number each night.

\*d. The number of hours Francois is sleeping each night is in the recommended range.

Title: Chapter 2 Test

Topic: L2.3LO12: Explain common sleep problems.

19. If you have \_\_\_\_\_\_\_\_\_\_, you stop breathing at times while you’re sleeping, whereas if you have \_\_\_\_\_\_\_\_\_\_, you suddenly fall asleep at times while you’re awake.

a. insomnia; sleep debt

b. sleep debt; insomnia

c. narcolepsy; sleep apnea

\*d. sleep apnea; narcolepsy

Title: Chapter 2 Test

Topic: L2.3LO12: Explain common sleep problems.

20. Which is the best example of a sleep problem?

\*a. Rena has a disturbing dream that causes her to wake up nearly every night.

b. James cycles through all the stages of sleep almost every night.

c. Lexi writes in her journal for 10 minutes before going to sleep.

d. Harry goes to bed and wakes up at the same time every day.

Title: Chapter 2 Test

Topic: L2.3LO13: Describe ways to help improve how well you sleep.

21. Why does getting a lot of natural light during the day help you to sleep better at night?

a. You absorb more vitamin D, which is the sleep vitamin.

\*b. It regulates your body’s biological clock.

c. It tires you out so that your sleep is deeper.

d. The UV rays block its stimulating properties.

Title: Chapter 2 Test

Topic: L2.3LO13: Describe ways to help improve how well you sleep.

22. Fiona has been having trouble falling asleep after she goes to bed. To fall asleep more easily, she could

a. get some vigorous exercise just before going to bed

b. drink some warm tea just before going to bed

c. try going to bed at a different time each night

\*d. turn off the night lights and open the window to cool the bedroom

Type: E

Title: Chapter 2 Test

Topic: L2.3LO14: Assess your sleep habits and develop a plan to improve your sleep quality.

23. What is a sleep routine?

a. A sleep routine is a set of behaviors or rituals you do consistently when you are getting ready for bed and when you go to bed. For example, it can include turning off devices and writing in a journal or reading for 15 minutes before going to bed.

Title: Chapter 2 Test

Topic: L2.3LO14: Assess your sleep habits and develop a plan to improve your sleep quality.

24. Reading before bed is too stimulating and keeps you from relaxing before you sleep.

a. true

\*b. false

Title: Chapter 2 Test

Topic: L2.4LO15: Explain how engaging in self-care behaviors can affect long-term health.

25. Which person is practicing good self-care skills?

a. After listening to a podcast on the subject of nutrition and weight management, Soon-ye decides to try a new diet that includes fasting from 3 p.m. until 7 a.m. every weekday.

b. Curtis’ cousin majors in business at the university. Before trying e-cigarettes, Curtis asks his cousin if he thinks vaping is less harmful than smoking.

\*c. Melanie checks the websites she visits for health information to be sure they are official government sites or are associated with a reputable medical institution.

d. Leslie wants to learn lifesaving skills to help people in need, so she watches a YouTube video showing how to do CPR.

Title: Chapter 2 Test

Topic: L2.4LO15: Explain how engaging in self-care behaviors can affect long-term health.

26. What is the main reason to do self-screenings for skin, breast, or testicular cancer once a month?

a. to avoid expensive doctor visits

b. to get cheaper insurance rates

c. to reassure yourself about your overall health and maintain a positive attitude

\*d. to possibly catch a cancer early when treatments have the best chance for success

Title: Chapter 2 Test

Topic: L2.4LO16: Identify six things that are part of your medical history.

27. While walking barefoot, you step on a nail. Your guardian takes you to the urgent care clinic. Which of the following is the most important thing you should be ready to tell the nurse?

a. “I play soccer, so I need to run on that foot.”

\*b. “I know that I’m allergic to penicillin.”

c. “I ate breakfast more than four hours ago.”

d. “I weigh 135 pounds (15.9 kg), and I’m 5 feet, 6 inches (167.6 cm) tall.”

Title: Chapter 2 Test

Topic: L2.4LO16: Identify six things that are part of your medical history.

28. What is NOT a part of your medical history?

\*a. hours of physical exercise you get in one week

b. vitamins you take on a regular basis

c. times you have been in the hospital or had surgery

d. whether anyone in your family has had cancer

Title: Chapter 2 Test

Topic: L2.4LO17: Analyze the relationship between having health insurance and access to medical care.

29. It’s best for a child under the age of 12 years old to go to a pediatrician instead of a primary care doctor.

\*a. true

b. false

Title: Chapter 2 Test

Topic: L2.4LO17: Analyze the relationship between having health insurance and access to medical care.

30. Most insurance plans have an annual “out of pocket” limit, which is a \_\_\_\_\_\_\_\_\_\_ amount a person needs to pay each year in addition to their premium.

a. mandatory

b. subsidized

c. minimum

\*d. maximum

Type: E

Title: Chapter 2 Test

Topic: L2.4LO18: Demonstrate the use of *I* statements when using assertive communication.

31. Use the basic sentence structure for assertive communication to express a concern about your health care.

a. Examples might include something like: I feel worried when I review my health insurance plan, because it does not cover the medications my doctor prescribed, and I need them to be covered.