Foundations 1E Chapter 01 Test Answers

Title: Chapter 1 Test

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

1. Alec is 16 years old and needs a magnifier to see the screen on his laptop. Which statement best describes Alec’s situation?

\*a. Alec has a disability.

b. Alec has a health problem.

c. Alec has an illness.

d. Alec needs to work on his wellness.

Title: Chapter 1 Test

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

2. Gina excels academically, is physically active, has close friends, and is a mentor. She also finds junk food very tempting and tends to binge on chips and candy when she feels stressed. Which statement best describes Gina’s situation?

a. Gina should work on improving her overall health.

\*b. Gina could improve in one area of wellness.

c. Gina functions well despite having a disability.

d. Gina probably has an undiagnosed illness.

Title: Chapter 1 Test

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

3. Javier wants to change his behavior and quit smoking. He has tried to quit and even managed to stop smoking for several days at a time, but he has yet to quit entirely. Javier is at what stage of behavior change?

a. stage 2

b. stage 3

\*c. stage 4

d. stage 5

Title: Chapter 1 Test

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

4. A person at stage 2 of making a behavior change exhibits which behavior?

a. completely denies there is a problem

\*b. acknowledges the problem but has yet to do anything about it

c. has not only thought about changing behavior but also has taken steps to change

d. has made some changes but needs to make more to complete the process

Title: Chapter 1 Test

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

5. Elaine’s doctor says that she developed asthma because the city she lives in has heavy air pollution. Which factor is influencing Elaine’s health?

\*a. environmental factor

b. lifestyle factor

c. personal factor

d. social factor

Title: Chapter 1 Test

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

6. Which is an example of a social factor influencing Sam’s health?

a. Sam stays too long at the beach, and he gets a sunburn.

b. Sam has color blindness just like his dad does.

\*c. Sam’s family moves, and he goes to a new school.

d. Sam works out every day to prepare for a 5K race.

Title: Chapter 1 Test

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

7. Your friend Shannon has decided to stop looking at her phone or other screens one hour before going to bed. This decision will likely help her concentrate better at school.

\*a. true

b. false

Title: Chapter 1 Test

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

8. Someone with chronic health problems that prevent them from being able to do the things they want to do can be said to have a poor

a. activity profile

b. genetic makeup

\*c. quality of life

d. self-image

Title: Chapter 1 Test

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

9. If you establish personal \_\_\_\_\_\_\_\_\_\_, it is easier to avoid being pressured to do things you don’t want to do.

\*a. boundaries

b. goals

c. spaces

d. visions

Title: Chapter 1 Test

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

10. Darius volunteers at the food bank because it makes him feel good to be helping someone in need. By doing this, Darius is improving his quality of life.

\*a. true

b. false

Type: E

Title: Chapter 1 Test

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

11. Explain what quality of life means and identify two things that might influence it.

a. Quality of life refers to how happy, healthy, and fulfilling your daily life is. It can be influenced by lifestyle choices, including being physically active; eating a well-balanced diet; managing stress and anxiety; getting enough quality sleep; practicing good hygiene; and avoiding dangerous and risky behaviors, such as using tobacco.

Title: Chapter 1 Test

Topic: L1.2LO6: Explain what health literacy is and why it is important.

12. Your friend wants to find out what causes the flu virus to spread. Which of these actions would you suggest to help your friend get reliable information?

a. Check the Twitter feeds of doctors featured on television.

b. Read articles on the http://viruses.com website.

c. Look for information on drug company websites.

\*d. Search on the http://cdc.gov website.

Title: Chapter 1 Test

Topic: L1.2LO6: Explain what health literacy is and why it is important.

13. What is an example of poor health literacy?

a. David consistently takes the medication his doctor prescribed for his high blood pressure.

\*b. Stacy heard that drinking a teaspoon of vinegar every day keeps you from getting colds, so she’s started doing that.

c. Noah notices he’s having trouble seeing the board in class, and he asks his mother if he can get his eyes checked.

d. Meredith wants to get stronger, so she consults a certified strength coach to help her develop a training plan.

Title: Chapter 1 Test

Topic: L1.2LO7: Explain each of the eight health skills.

14. Which health skill are you using when you discourage your best friend from trying alcohol?

a. analyzing and understanding what influences your health

b. communicating your health needs

c. making healthy decisions

d. practicing healthy behaviors

\*e. promoting good health for yourself and others

Title: Chapter 1 Test

Topic: L1.2LO7: Explain each of the eight health skills.

15. Caitlyn thinks about what happened just before she gets a craving to overeat sweets so that she can be aware of her triggers. Which health skill is Caitlyn using?

\*a. analyzing and understanding what influences your health

b. accessing accurate health information

c. communicating your health needs

d. making healthy decisions

e. setting healthy goals

Title: Chapter 1 Test

Topic: L1.2LO7: Explain each of the eight health skills.

16. You decide you want to make a habit of drinking more water. Which of these two goals would be a good goal to start with?

\*a. For the next 7 days, I’m going to drink a glass of water when I wake up each morning.

b. I’m going to start drinking the recommended amount of water for my age and weight every day.

Title: Chapter 1 Test

Topic: L1.2LO8: Explain the difference between reliable and valid health information.

17. You are looking for facts and accurate information about flu vaccines. Which website would have the best available information?

a. www.stopthevax.net

b. www.vaccineinfo.com

\*c. www.cdc.gov

d. www.cheapvax.biz

Type: E

Title: Chapter 1 Test

Topic: L1.2LO9: Describe advocacy using a real-world example related to health.

18. Describe advocacy using a real-world example related to health.

a. Advocacy is the act or process of supporting or promoting a cause or an issue. Correct answers will vary. Here are a few examples of advocacy: petitioning your school to provide healthier lunches and snacks; participating in a peaceful protest to raise awareness about a cause you believe in, such as stricter gun laws; distributing fliers to raise awareness of community resources available to help people who feel unsafe in their home.

Title: Chapter 1 Test

Topic: L1.2LO10: Apply effective verbal communication skills to enhance health.

19. You should communicate differently based on what you are trying to achieve.

\*a. true

b. false

Title: Chapter 1 Test

Topic: L1.3LO11: Identify the major organs and tissues of the immune system and explain their primary functions.

20. Joe’s chemotherapy destroyed his bone marrow along with the cancer cells, so his doctors performed a bone marrow transplant. Why did Joe need new bone marrow?

\*a. Joe had lost an important component of his immune system.

b. Joe’s bones had been weakened, and he might get fractures.

c. Joe’s heart muscle had been damaged and needed strengthening.

d. Joe’s blood had a low cholesterol count after the chemotherapy.

Title: Chapter 1 Test

Topic: L1.3LO11: Identify the major organs and tissues of the immune system and explain their primary functions.

21. Which organ of the immune system acts as a barrier against all kinds of invaders?

a. intestines

\*b. skin

c. thymus

d. lymph nodes

Title: Chapter 1 Test

Topic: L1.3LO12: Explain what a pathogen is and provide two examples.

22. Which of the following is a true statement about pathogens?

a. As part of the immune system, pathogens protect you from illness.

b. Viruses and bacteria are not commonly thought of as pathogens.

\*c. If pathogens enter your body, they can cause you to get sick.

d. Pathogens can be inherited from a parent or other family member.

Title: Chapter 1 Test

Topic: L1.3LO12: Explain what a pathogen is and provide two examples.

23. Strep throat is an example of a virus that gets inside your cells and multiplies.

a. true

\*b. false

Title: Chapter 1 Test

Topic: L1.3LO13: Explain how the immune system responds to pathogens.

24. Ellie was exposed to the flu virus, but she didn’t get the flu. What is one possible explanation for why Ellie didn’t get sick?

a. Her sneezes and coughs expelled the virus from her body.

\*b. The mucus and cells in her throat and lungs trapped the virus cells.

c. She didn’t have a hereditary predisposition for the flu virus.

d. She took a vitamin C pill just before she was exposed to the virus.

Title: Chapter 1 Test

Topic: L1.3LO13: Explain how the immune system responds to pathogens.

25. What are cells that remember past pathogens and recognize them at once if they enter the body?

a. bacteria

b. red blood cells

\*c. antibodies

d. virus cells

Type: E

Title: Chapter 1 Test

Topic: L1.3LO14: Describe four different problems the immune system could have.

26. Explain what an allergy is.

a. An allergy happens when the body becomes hypersensitive to something in the environment, causing the body to produce a damaging immune response. The thing that causes you to have an allergy is called an allergen. Common allergens include dust mites, pet dander, weeds and grasses, mold, and pollen. People can also have food allergies, caused by peanuts, shellfish, wheat, milk, or eggs. Allergies can cause severe reactions in some people and can even be deadly.

Title: Chapter 1 Test

Topic: L1.3LO14: Describe four different problems the immune system could have.

27. Sian comes down with colds frequently, and when she does, she gets sicker than many other people do. Frequent and severe illness like Sian’s is characteristic of which immune system problem?

a. allergic disorder

b. autoimmune disorder

c. cancer of the immune system

\*d. immune deficiency disorder

Title: Chapter 1 Test

Topic: L1.3LO14: Describe four different problems the immune system could have.

28. How is an autoimmune disorder different from an immune deficiency disorder?

a. A person can be born with an autoimmune disorder but not an immune deficiency disorder.

b. An autoimmune disorder is caused by allergens, whereas an immune deficiency disorder is a type of cancer.

\*c. In an autoimmune disorder, the immune system rather than an outside invader attacks a person’s own body.

d. An autoimmune disorder can be easily treated, but there is no treatment for an immune deficiency disorder.

Title: Chapter 1 Test

Topic: L1.3LO15: Explain how HIV affects your immune system.

29. HIV weakens a person’s immune system by

\*a. destroying healthy immune cells

b. producing too many healthy immune cells

c. making it impossible to identify invading pathogens

d. increasing the person’s level of stress

Title: Chapter 1 Test

Topic: L1.3LO16: Explain how vaccinations work to help your immune system fight off known pathogens.

30. Vaccinations trigger the body’s immune response by injecting

a. random pathogens

b. artificial antibodies

c. a lab-made virus

\*d. a dead or weakened version of a virus

Title: Chapter 1 Test

Topic: L1.3LO17: Access and analyze the validity of information about immune disorders.

31. A website promoting supplements to help boost your immune system’s function would be a reliable source of information about how to stay healthy.

a. true

\*b. false

Type: F

Title: Chapter 1 Test

Topic: L1.4LO18: Explain what an infectious disease is.

32. A disease that can be transmitted from one person to another is called a \_\_\_\_\_\_\_\_\_\_ disease.

a. communicable

b. contagious

Title: Chapter 1 Test

Topic: L1.4LO18: Explain what an infectious disease is.

33. James has watery, itchy eyes and sneezing that occurs every year in the spring. James probably has a communicable disease.

a. true

\*b. false

Title: Chapter 1 Test

Topic: L1.4LO19: Compare the different methods of transmitting an infectious disease.

34. Ariana’s grandmother had polio as a child. Her doctor said she might have gotten it when she was playing with a friend who had the virus, or when she swallowed infected water at the public pool. This story illustrates which two methods of transmitting a communicable disease?

a. direct contact and airborne transmission

b. indirect contact and airborne transmission

\*c. direct contact and indirect contact

d. airborne transmission and genetic transmission

Title: Chapter 1 Test

Topic: L1.4LO19: Compare the different methods of transmitting an infectious disease.

35. Max lets his sister use his straw to taste his protein shake. He is not taking a risk of spreading disease because he and his sister are in the same family.

a. true

\*b. false

Title: Chapter 1 Test

Topic: L1.4LO20: Identify actions you can take to keep from getting an infectious disease.

36. A virus is going around, and Reyna doesn’t want to get it. The bus she takes to school is very crowded with a lot of people. What could Reyna do to protect herself and others from the virus when she gets off the bus?

a. ask if she can go home, if anyone on the bus appeared to be sick

b. change her shoes and stow her jacket in her locker

\*c. go directly to the restroom and wash her hands

d. let her teachers know that she might have been exposed to the virus

Title: Chapter 1 Test

Topic: L1.4LO21: Identify common symptoms of an infectious disease.

37. Your sister eats sushi at the county fair Saturday afternoon. It is a hot day, and the sushi has not been kept as cold as it should have been. What is likely to happen by Sunday morning?

\*a. Your sister starts vomiting and having diarrhea.

b. Your sister’s lymph glands begin to swell, and she feels tired.

c. Your sister develops sores all over her body.

d. Your sister has trouble thinking, and she keeps forgetting things.

Type: E

Title: Chapter 1 Test

Topic: L1.4LO21: Identify common symptoms of an infectious disease.

38. List four common symptoms of communicable diseases.

a. Any four of the following answers are acceptable:

-runny nose

-coughing

-sneezing

-upset stomach

-vomiting

-diarrhea

-sore throat

-headache

-fever

Type: F

Title: Chapter 1 Test

Topic: L1.4LO22: Explain what personal protective equipment is and how it can help reduce disease transmission.

39. Wearing a gown, mask, goggles, and gloves is always necessary if you might come in contact with another person’s \_\_\_\_\_\_\_\_\_\_.

a. blood

Title: Chapter 1 Test

Topic: L1.4LO23: Demonstrate assertive communication to reduce health risk.

40. Rayford wants to be more assertive in his health communications with other students. He should do all the following EXCEPT

\*a. point his finger and lean closer to someone

b. use *I* messages that shift the focus to what he needs

c. practice what he wants to say in an uncomfortable situation

d. check his emotions and remain calm

Title: Chapter 1 Test

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

41. Which disease is a person at risk for when their blood runs through the arteries too forcefully?

a. coronary heart disease

\*b. hypertension

c. lung disease

d. type 1 diabetes

Title: Chapter 1 Test

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

42. One of the ways for a person to manage this disease is to monitor their blood sugar.

a. coronary heart disease

b. hypertension

c. stroke

\*d. type 1 diabetes

Title: Chapter 1 Test

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

43. Melinda was diagnosed with rheumatoid arthritis in her early 20s. There is no cure, so she is going to have to manage the disease with medication for the rest of her life; therefore, it is a(n) \_\_\_\_\_\_\_\_\_\_ disease.

a. acute

\*b. chronic

c. genetic

d. autoimmune

Title: Chapter 1 Test

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

44. Living in a city that has a lot of air pollution puts people at a high risk for lung cancer.

\*a. true

b. false

Title: Chapter 1 Test

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

45. Which of the following is one way of protecting yourself against osteoporosis?

a. solving crossword puzzles to keep your brain and memory sharp

b. taking regular tests to monitor the level of sugar in your blood

\*c. eating a diet high in calcium and vitamin D

d. learning relaxation techniques to reduce your stress level

Title: Chapter 1 Test

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

46. Celia’s mother woke up feeling like she had indigestion, and when she stood up, she felt lightheaded. As she started getting ready for work, she also noticed she had trouble catching her breath, which was very unusual. Judging by all of these symptoms, which condition is most likely affecting Celia’s mother?

a. asthma attack

b. diabetic coma

\*c. heart attack

d. stroke

Title: Chapter 1 Test

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

47. Nausea and vomiting are symptoms of a heart attack.

\*a. true

b. false

Title: Chapter 1 Test

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

48. You want to start eating healthier, so you decide to make a behavior contract and share it with your best friend. What should your contract NOT include?

a. a plan for meeting your short- and long-term goals

b. the way you will reward yourself for eating healthier

\*c. the punishment if you don’t meet your goals

d. a date by which you will complete your goals