Foundations 1E CT Chapter 1

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.

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

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.

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

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

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

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

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

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

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

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.

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

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

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

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

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

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

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

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

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

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

Answer:

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.

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

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.

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

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

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

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

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

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.

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

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

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

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

Answer:

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

a. True

b. False

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

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.

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

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

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

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.

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

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

a. True

b. False

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

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.

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

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

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

26. Explain what an allergy is.

Answer:

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

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

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.

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

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

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

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

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

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

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

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

Answer:

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

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

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

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

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

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

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

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

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.

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

38. List four common symptoms of communicable diseases.

Answer:

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

Answer:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

a. True

b. False

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

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

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