Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Period\_\_\_\_

Total Health and Self-Esteem Quiz One

Matching - Match the letter of the correct aspect of Health to each statement. Use:

*P – Physical, I – Intellectual, E – Emotional/Mental, S – Social*

Which aspect of health needs improving if…

1. You are falling asleep in class?
2. You skip breakfast on most days?
3. You are very uncomfortable meeting new people?
4. You become angry often and over small issues?
5. You often forget to wear your seatbelt?
6. You have no idea what is going on in the world?
7. It is hard to laugh and enjoy life because you are depressed?
8. School work does not show your best effort?
9. You brush your teeth just 4 times per week?
10. You find it hard to volunteer or help others?
11. The number of years a person can expect to live is called
    1. Quality of life
    2. Quantity of life
    3. Life expectancy
    4. Life history
12. Physical Health refers to
    1. How well a person gets along with others.
    2. How well the body functions.
    3. The mind and its ability to wonder, to be curious, and to learn new things.
    4. How a person reacts to events in life.
13. Which aspect of health refers to how you react to things in life?
    1. Physical
    2. Emotional
    3. Social
    4. Intellectual
14. A trait associated with good social health is the ability to
    1. Get along well with others.
    2. Learn from your mistakes.
    3. Recognize your achievements.
    4. Do daily tasks without getting tired.
15. Intellectual Health refers to
    1. How well a person gets along with others.
    2. The mind and its ability to wonder, to be curious, and to learn new things.
    3. How well the body functions.
    4. How a person reacts to events in life.
16. Any action/condition that increases the likelihood of a negative outcome is
    1. illness
    2. A long- or short-term consequence
    3. A risk factor
    4. Environment
17. All the traits that are passed biologically from parent to child is
    1. Habit
    2. Risk factor
    3. Heredity
    4. Wellness
18. In our class, Health will be defined as
    1. The absence of disease or illness.
    2. A well balanced diet and regular exercise.
    3. How well your body functions
    4. The overall well-being of your body, mind, and relationships with others.
19. List at least 4 ways a person could build their self-esteem.

1.

2.

3.

4.

1. List 4 benefits of having a high self-esteem.

1.

2.

3.

4.