

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
  - a. Quality of life
  - b. Quantity of life
  - c. Life expectancy
  - d. Life history
12. Physical Health refers to
  - a. How well a person gets along with others.
  - b. How well the body functions.
  - c. The mind and its ability to wonder, to be curious, and to learn new things.
  - d. How a person reacts to events in life.
13. Which aspect of health refers to how you react to things in life?
  - a. Physical
  - b. Emotional
  - c. Social
  - d. Intellectual
14. A trait associated with good social health is the ability to
  - a. Get along well with others.
  - b. Learn from your mistakes.
  - c. Recognize your achievements.
  - d. Do daily tasks without getting tired.
15. Intellectual Health refers to
  - a. How well a person gets along with others.
  - b. The mind and its ability to wonder, to be curious, and to learn new things.
  - c. How well the body functions.
  - d. How a person reacts to events in life.

16. Any action/condition that increases the likelihood of a negative outcome is
- illness
  - A long- or short-term consequence
  - A risk factor
  - Environment
17. All the traits that are passed biologically from parent to child is
- Habit
  - Risk factor
  - Heredity
  - Wellness
18. In our class, Health will be defined as
- The absence of disease or illness.
  - A well balanced diet and regular exercise.
  - How well your body functions
  - 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.
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20. List 4 benefits of having a high self-esteem.
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