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#### FOURTH QUARTERLY EXAMINATION IN HEALTH

**NAME:**

**GRADE 8**

Write **TRUE** if the statement is correct and **FALSE** if the statement is incorrect. Write your answer on the space provided.

- \_\_\_\_\_ 1. Peer pressure people who have friends or peer who smoke may feel pressured into doing the same to be accepted.
- \_\_\_\_\_ 2. Parental influence those who have parents or guardians who smoke are more likely to start smoking.
- \_\_\_\_\_ 3. Advertising and media advertisements of cigarettes portray smoking as exciting, glamorous, and safe. Movies and television shows have scenes showing smoking actors.
- \_\_\_\_\_ 4. Self-medicator some people experience a heightened sense of well-being from smoking and use it to self-medicate for illnesses that cause tension and pain.
- \_\_\_\_\_ 5. Stress relief some people smoke to manage tension and relieve stress from family or from work.
- \_\_\_\_\_ 6. Weight control smoking causes loss of appetite and eventually loss of weight
- \_\_\_\_\_ 7. To feel mature and sophisticated since teens see older people smoke, especially their parents and relatives, they too start smoking to look and act older.
- \_\_\_\_\_ 8. Risk-taking behavior since it is illegal for minors to purchase cigarettes and smoking is generally frowned upon, breaking these rules give thrill to some people.

Answer the following questions write your answer on the box below.

1. What is alcohol? And what is the negative impacts of drinking alcohol? Explain your answer

2. What is cigarette? And what is the negative health impacts of smoking? Explain your answer

#### POSTER

Using of any application of your gadgets. Create a poster by answering the question. "How to prevent alcohol and cigarettes? And send your poster to your subject teacher.