



**FOURTH QUARTERLY ASSESSMENT  
HEALTH 7**

Prepared by: Mr. Darwin M. Dominguez

Name: \_\_\_\_\_

Score: \_\_\_\_\_/70

Grade and Section: \_\_\_\_\_

Date: \_\_\_\_\_

**IMPORTANT REMINDERS:** Following instructions is part of the exam. Failure to follow instructions will cause a 5-point-deduction from the total raw score.

- I. Identify what is being asked or described in the sentence. Choose your answer inside the word pool. Write your answers in all capital letters. (15 points)

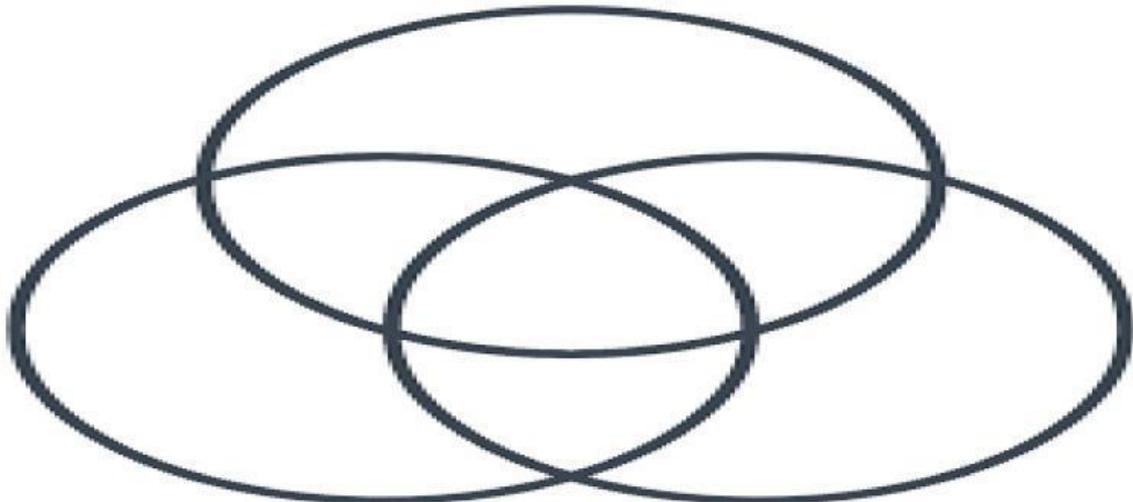
Childhood	Bulimia Nervosa	Optometrist
Scoliosis	Schizophrenia	Puberty
Hormones	Mental Disorder	Adolescence
Adulthood	Metabolism	Assault
Malnutrition	Anorexia Nervosa	Depression

- \_\_\_\_\_ 1. An emotional state in which one feels extremely sad, doomed, and hopeless.
- \_\_\_\_\_ 2. An unlawful attempt to harm or threaten another person.
- \_\_\_\_\_ 3. The transitional phase of growth and development between childhood and adulthood.
- \_\_\_\_\_ 4. Refers to the period during which changes occur to the reproductive system.
- \_\_\_\_\_ 5. A professional who provides eye and vision care and also checks for vision problems.
- \_\_\_\_\_ 6. A fear of weight gain that leads the person to starve himself/herself.
- \_\_\_\_\_ 7. The process wherein the body breaks down substances and gets energy from food.
- \_\_\_\_\_ 8. An illness of the mind that reduces a person's ability to function, adjust to change, and get along with other people.
- \_\_\_\_\_ 9. Severe disturbances in thinking, mood awareness, and behavior.
- \_\_\_\_\_ 10. Involves uncontrolled cycles of over eating and purging, or attempts to remove the food from the body.
- \_\_\_\_\_ 11. Deficiencies or excesses in nutrient intake, imbalance of essential nutrients or impaired nutrient utilization.
- \_\_\_\_\_ 12. The period in the human lifespan in which full physical and intellectual maturity have been attained.
- \_\_\_\_\_ 13. Chemical substances that act like messenger molecules in the body.
- \_\_\_\_\_ 14. An abnormal curvature of the spine.
- \_\_\_\_\_ 15. Is the stage of growth and development between infancy and adolescence?

**II. Write the correct answer before each item. Write your answers in all small letters (10 points)**

- \_\_\_\_\_ 16. What “E” is a female reproductive cell that originate in the ovaries?  
 \_\_\_\_\_ 17. What “I” is the first two years of life in the state or period of early childhood or babyhood?  
 \_\_\_\_\_ 18. What “B” is a measure of how much body fat you have compared to your bones and muscles?  
 \_\_\_\_\_ 19. What “C” refers to diseases that involve the uncontrolled growth and spread of abnormal cells?  
 \_\_\_\_\_ 20. What “S” is a male reproductive cell that originates in the testicles?  
 \_\_\_\_\_ 21. What “E” is known as positive stress?  
 \_\_\_\_\_ 22. What “I” occurs when your body doesn't have enough iron to produce hemoglobin?  
 \_\_\_\_\_ 23. What “C” is an unreasonable need to behave in a certain manner to prevent a feared outcome?  
 \_\_\_\_\_ 24. What “B” is also called manic-depressive disorder, characterized by extreme changes in mood, energy level, and behavior?  
 \_\_\_\_\_ 25. What “W” is an overall state of health that represents the perfect or ideal health.

**III. Using the Venn Diagram give the similarities and differences between Anorexia Nervosa, Bulimia Nervosa, and Compulsive Eating Disorder. (10 points)**  
 26-35.



**IV. PERFORMANCE: Create a slogan about “Mental Health Disorder” awareness.**

RUBRICS	5	3	1
<b>Creativity</b>	Slogan is exceptionally creative. a lot of thought and effort was used to make the banner.	Slogan is creative and some thought was put into decorating it.	Slogan does not reflect any degree of creativity.
<b>Originality</b>	Exceptional use of new ideas and originality to create slogan.	Average use of new ideas and originality to create slogan.	No use of new ideas.

36-45.

V. Using the listed words below, make a two stanza poem about Teenage Problem. Highlight or underline the following words listed below on your poem. (5 points)

Family Influence	Pressure	Studies Support
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Rubrics	Description
Theme (2 points)	The student must stay within the given topic while composing a poem.
Use of the given words (2 points)	The student must use all the given words exactly.
Neatness (1 point)	Cleanliness of his/ her final piece must be observed.

Title: (46-50.) \_\_\_\_\_

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_____	_____
_____	_____
_____	_____

V. Illustrate 4 Health Concerns During Adolescence (12 points)

51-53.	54-56.
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57-59.

60-62.

**VI. Essay. Explain the following questions in 3-5 sentences. (10 points)**

63-66. As a student, how can you help your school's advocacy to fight bullying in the school?

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67-70. As a citizen, what do you think should the government focus on regarding the increasing number of people with mental disorder in the country?

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**God is good! 😊**  
**\*\*\* END OF EXAM \*\*\***