

Knowledge Battery Assessment: "Healthy Habits"

1. A healthy meal would include which of the following?

- a. ☐ meat, fruit, and vegetables
 - b. ☐ cake, soda, and salad
 - c. ☐ cookies, sandwich, ice cream
 - d. ☐ fried chicken, candy bar, fruit drink
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2. Which would be the best choice for a healthy balanced diet?

- a. ☐ burger, fries, milkshake
 - b. ☐ hotdog, chips, apple pie
 - c. ☐ turkey sandwich, carrot sticks, banana
 - d. ☐ pizza, candy bar
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3. Eating a diet of many high calorie sugary foods each day

- a. ☐ will be good for you
 - b. ☐ will help you have energy all day
 - c. ☐ may cause you to feel bad and gain weight
 - d. ☐ help you to think and work well
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4. Exercising and eating a healthy breakfast, lunch, and dinner each day is important because

- a. ☐ you will never have to go to the doctor again
 - b. ☐ you will feel good and have energy
 - c. ☐ it will get you a high paying job
 - d. ☐ it is not important as long as you eat sometime during the day
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5. Exercising helps people lose weight BEST by

- a. ☐ building muscles
 - b. ☐ burning calories
 - c. ☐ making them sweat
 - d. ☐ make them eat less food
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6. Which of the following people are exercising in the correct way?

- a. ☐ Patsy runs while wearing flip flops
 - b. ☐ Owen always warms up and stretches before doing strenuous exercise
 - c. ☐ Layne lifts weights alone
 - d. ☐ Hannah wears headphones with loud music while jogging through town
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7. Which of the following people are not doing some form of exercise?

- a. ☐ Scott is working on a car
- b. ☐ Marcus is shoveling snow
- c. ☐ Tori is cleaning the house

d. ☐ Zachary is watching television

8. Hunter enjoys being outdoors and around other people. Which form of exercise would be best for him?

- a. ☐ joining a city soccer team
 - b. ☐ playing softball with the church league
 - c. ☐ swimming at the local pool
 - d. ☐ all of the above
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9. Which of the following people are practicing good physical fitness routines?

- a. ☐ Jenelle comes home from school and watches television
 - b. ☐ Jesse helps clean up the city park
 - c. ☐ Juan plays video games on his computer
 - d. ☐ Caroline spends hours of time on social websites
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10. Which of the following are good grooming and hygiene routines?

- a. ☐ taking a shower or bath daily
 - b. ☐ brushing your teeth
 - c. ☐ wearing clean clothes
 - d. ☐ all of the above
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11. Mike, works in food service at a local hospital. Which one of the following is not a good grooming practice for Mike?

- a. ☐ his hair is clean but he does not comb it
 - b. ☐ his fingernails are trimmed
 - c. ☐ he is clean shaven
 - d. ☐ he smells good
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12. People who do not maintain proper grooming and hygiene may sometimes have difficulty in

- a. ☐ getting and keeping a job
 - b. ☐ being healthy
 - c. ☐ making new friends
 - d. ☐ all of the above
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13. Which of these is BEST to use to prevent body odors?

- a. ☐ cologne
 - b. ☐ deodorant
 - c. ☐ mouth wash
 - d. ☐ shampoo
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14. Basic personal hygiene products such as soap, shampoo, and deodorant

- a. ☐ are too expensive to buy
 - b. ☐ are hard to find in drug and department stores
 - c. ☐ are not necessary, just rinse off with water each day
 - d. ☐ are necessary to use to be clean and feel good
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15. Besides soap and water, it is important to use which of the following products in order to feel, look, and smell good each day?

- a. ☐ toothpaste/toothbrush
 - b. ☐ shampoo/conditioner
 - c. ☐ deodorant
 - d. ☐ all of the above
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16. You can look and smell your best each day if you

- a. ☐ buy the most expensive cologne to wear
 - b. ☐ go to a barber or beauty shop each week
 - c. ☐ shower or bathe each day, brush teeth, and wear deodorant
 - d. ☐ wear your hair in the latest hair style
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17. Which of the following products help you look good and have a neat and clean appearance?

- a. ☐ hairbrush and comb
- b. ☐ razor
- c. ☐ curling iron or hair curlers
- d. ☐ all of the above