

Name: _____

Date: _____

Health and Family Life Education

Health and Wellness – Quiz 1

Instructions: Based on information from your notes, select the correct answer for each question below.

1. Wellness is defined as

- A. a state of being well.
- B. the posture your body is found in.
- C. a state of good health.
- D. the means of being a good person.

2. Wellness contains the following:

- A. your mental and social health
- B. your spiritual and physical health
- C. your intellectual and emotional health
- D. all of the above

3. What is the determining factor in purchasing a health product?

- A. Its cost and is it in your budget
- B. Its quality and how it caters to your needs
- C. Its popularity and how the celebrities praise it
- D. none of the above

4. Which two things are important in maintaining good health?

- A. Products and Services
- B. People and Places
- C. Friends and Family
- D. All of the above

5. Which acronym best abbreviates the "Decision Making Process"?

- A. C.A.M.P.
- B. W.A.T.E.R.
- C. S.O.D.A.
- D. T.I.K.T.O.K.

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