Multiple Choice

Part 1:

Choose the correct answer. Circle A, B, C or D.

1.	Which one of the following is **NOT** a part of physical health?	
	(A)	Getting enough sleep
	(B)	Eating a healthy balanced diet
	(C)	Keeping good hygiene practices
	(D)	Planning time with family and friends

2.	Our bodies are made up of 60% water, so staying _____ is very important for physical health.	
	(A)	Dehydrated
	(B)	Hydrated
	(C)	Engaged
	(D)	Alert

3.	What motor skill are infants from the age of 0-1 capable of?	
	(A)	Rolling over
	(B)	Writing
	(C)	Throwing and catching
	(D)	Running long distances

4.	_____ health is how people feel about themselves and how they manage their feelings as they deal with challenges in life.	
	(A)	Physical
	(B)	Emotional
	(C)	Mental
	(D)	Social

5.	Which is these is **not** a way to improve social health?	
	(A)	Rewarding positive relationships and ending negative relationships.
	(B)	Planning time with friends and family.
	(C)	Keeping positive.
	(D)	Having a balanced diet.

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6.	The WHO says that "_____ is a state of well-being in which a person realises their own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community."	
	(A)	Physical health
	(B)	Emotional health
	(C)	Social health
	(D)	Mental health

7.	The first step in the human life cycle is…	
	(A)	Adolescence
	(B)	Adulthood
	(C)	The foetal stage
	(D)	Childhood

8.	Which of these is **not** a common illness for older adults in human growth and development?	
	(A)	Arthritis
	(B)	Cancer
	(C)	Heart disease
	(D)	Chicken Pox

9.	_____ motor skills use large body movements, such as running, jumping, skipping, hopping, twisting, throwing and balancing.	
	(A)	Great
	(B)	Fine
	(C)	Gross
	(D)	Filter

10.	During the foetal stage of human development, at 14 weeks of pregnancy, the foetus …	
	(A)	the foetus is ready to be born
	(B)	develop male or female physical characteristics.
	(C)	lungs and alveoli develop, the nervous system starts to function
	(D)	tissues and body systems are present,

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11.	Avoiding harmful substances like too much caffeine and smoking is a part of:
(A)	Physical health
(B)	Emotional health
(C)	Social health
(D)	Mental health

12	At what stage of life we hit puberty
(A)	Infancy
(B)	Childhood
(C)	Adolescence
(D)	Adulthood

13.	At what stage of life we are fully responsible and able to start a life of our own: …
(A)	Infancy
(B)	Childhood
(C)	Adolescence
(D)	Adulthood

14.	At the first 10 weeks of pregnancy the baby is called:
(A)	infant
(B)	Fetus
(C)	Embryo
(D)	Adolescence

15.	Relationships and communication are parts of
(A)	Physical health
(B)	Emotional health
c	Social health
(D)	Mental health

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16.	Using Text messages are part of	
	(A)	relationship
	(B)	Verbal communication
	(C)	Non-verbal communication
	(D)	Feedback

17.	An example of non-verbal communication	
	(A)	Text messages
	(B)	Phone conversations
	(C)	Facial expressions
	(D)	MS teams written chat

Activity-based Questions

Part 2:

11.	Provide a word for the sentence below: _____physical _____ health refers to how the *body* works. When people are physically healthy, they have the ability to carry out everyday tasks.	/1
	_____	

12.	Provide a word for the following sentence. Getting enough sleep is an important part of what aspect of health?	/1
	_____	

14.	***Choose four*** *of the answers below.* *Which of these is a feeling/emotion and* ***not*** *a thought?*	/4
	(A)	*Anger*
	(B)	*Fear*

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(C)	Loneliness
(D)	Failure
(E)	Joy
(F)	Too young

15.	Choose 3. Some barriers to health include:	/3

(A)	the weather
(B)	getting enough sleep
(C)	the local healthcare facilities
(D)	other peoples behaviour
(E)	living a healthy lifestyle
(F)	walking regularly

Activity-based Questions

16.	What are some changes that happen during adolescence? **Choose 2**.	/2

(A)	Growing taller
(B)	Shrinking
(C)	Losing hair
(D)	Voice getting deeper

17.	**Circle the 4 correct answers:** Some of the steps in human life cycle include:	/4

(A)	Childhood
(B)	Developing
(C)	Adolescence
(D)	Foetal Development
(E)	Aging
(F)	Older Adulthood

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18.	*Some causes of **poor sleep** are…* ***Highlight / Circle the 3 correct answers:***	/3

(A)	*Stress*
(B)	*Caffeine intake in the evening*
(C)	*Reading a book before sleep*
(D)	*Exercising before sleep*
(E)	*Food before sleep*

Activity-based Questions

19.	Fill in the blanks using the words in the boxes below:	/6

Doing regular _____ activity has many heath benefits. It can also help to reduce the _____ of certain disease for example _____. It can also help with mental and _____ health. The World Health Organisation (_____) defines physical activity as "any bodily movement produced by _____ muscles that require energy expenditure".

physical	Skeletal	WHO
emotional	Obesity	Risk

20. Match the correct term with the correct meaning:

Physical health	refers to the ability to build and keep relationships
Mental Health	refers to the cognitive aspect of health

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Social health	refers to any physical aspect of health

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