

Name _____ No. _____ Class _____

Part I: True or False (10 points)

Instructions: Listen to the clip and select True or False for each statement. **One choice per answer only.** (If you pick up two choices, your chosen item will not be counted.)

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| 1. You need to spend thousands of dollars to live a healthier lifestyle. | True / False |
| 2. Walking for 30 minutes every day can help you lose weight. | True / False |
| 3. Walking outside has more benefits than walking indoors. | True / False |
| 4. Experts say being outdoors makes you less cooperative. | True / False |
| 5. You should give up all junk food at once to transform your diet. | True / False |
| 6. Replacing one junk food per week can completely change your diet in one year. | True / False |
| 7. Mental health is one of the biggest components of overall health. | True / False |
| 8. Dopamine, serotonin, and oxytocin are natural happiness hormones. | True / False |
| 9. Eating dark chocolate decreases dopamine in your brain. | True / False |
| 10. Adding probiotics to your gut can help you feel happier every day. | True / False |

Part II: Choose (✓) the Correct Answer (10 points)

Instructions: Listen to the clip and choose(✓) the correct answer. **One choice per answer only.**

1. What does walking every day reduce? ☐ dopamine ☐ cortisol ☐ serotonin
2. What does walking outside make you? ☐ tired and stressed ☐ happier and smarter
☐ hungry and thirsty
3. How often should you give up one junk food? ☐ every day ☐ every week ☐ every month
4. What increases dopamine in your brain? ☐ eating vegetables ☐ drinking water ☐ eating dark chocolate
5. What are dopamine, serotonin, and oxytocin called? ☐ stress hormones ☐ happiness hormones ☐ growth hormones