

SAN ROMAN R.C. SCHOOL

HEALTH EDUCATION – TAKE-HOME QUIZ

Standard 5 & 6 | HIV, STIs, Personal Hygiene & Healthy Choices

Name: _____

Date: _____

Instructions: Read each question carefully. Choose the best answer by selecting A, B, C, or D.

1. What part of the body does HIV affect?

- A. The immune system
- B. The digestive system
- C. The skeletal system
- D. The muscular system

2. What can HIV lead to if a person has it for a long time and does not receive treatment?

- A. AIDS
- B. A broken bone
- C. A toothache
- D. A sprained ankle

3. Which activity does the handout identify as NOT spreading HIV?

- A. Hugging
- B. Contact with certain body fluids
- C. Contact with blood
- D. Contact with breast milk

4. Which of the following is an example of a sexually transmitted infection?

- A. Chlamydia
- B. Tooth decay
- C. A broken arm
- D. Sunburn

5. What does STI stand for?

- A. Sexually Transmitted Infections
- B. Safe Treatment Information
- C. Student Training Instructions
- D. Strong Teeth Improvement

6. Which STI is caused by the bacterium *Treponema pallidum*?

- A. Syphilis
- B. Genital herpes
- C. Trichomoniasis
- D. Gonorrhea

7. Which STI is caused by *Neisseria gonorrhoeae*?

- A. Gonorrhea
- B. Chlamydia
- C. Syphilis
- D. Genital herpes

8. Which STI is caused by the herpes simplex virus (HSV)?

- A. Genital herpes
- B. Gonorrhea

- C. Syphilis
- D. Chlamydia

9. Which STI is caused by Chlamydia trachomatis?

- A. Chlamydia
- B. Gonorrhea
- C. Syphilis
- D. Genital herpes

10. Which STI is caused by a tiny organism called Trichomonas vaginalis?

- A. Trichomoniasis
- B. Syphilis
- C. Gonorrhea
- D. Chlamydia

11. Which statement about gonorrhea is supported by the handout?

- A. Some people may have no symptoms
- B. Everyone with gonorrhea has the same symptoms
- C. Gonorrhea only affects males
- D. Gonorrhea cannot cause serious health problems

12. Which statement about chlamydia is supported by the handout?

- A. It can have no symptoms, especially in the early stages
- B. It always causes visible sores
- C. It can only affect males
- D. It is caused by a virus

13. Which action does the STI handout recommend for protecting yourself?

- A. Get tested regularly
- B. Ignore health concerns
- C. Avoid all health professionals
- D. Keep symptoms secret

14. Who can a student talk to if they have health questions or concerns?

- A. A trusted adult or health professional
- B. Only a stranger
- C. No one
- D. Only a classmate who is the same age

15. Which personal hygiene habit is recommended in the handout?

- A. Wash your hands with soap and water
- B. Avoid bathing
- C. Keep nails dirty
- D. Wear dirty clothes repeatedly

16. How often does the personal hygiene handout recommend brushing your teeth?

- A. Twice a day
- B. Once a week
- C. Once a month
- D. Only when they hurt

17. Which hygiene practice is recommended for fingernails?

- A. Keep them clean and trimmed
- B. Keep them dirty
- C. Never clean them

D. Share nail tools without cleaning them

18. Which choice shows respect for a person living with HIV?

- A. Treat the person with kindness and respect
- B. Avoid and bully the person
- C. Spread rumors about the person
- D. Refuse to speak to the person

19. Why is it important to learn about STIs?

- A. It helps us understand ways to protect our health and respect our bodies
- B. It teaches us to judge other people
- C. It means we never need medical advice
- D. It prevents us from asking questions

20. What is one main message of the health handout?

- A. Stay informed, stay safe, and look after your future
- B. Ignore health information
- C. Avoid asking adults for help
- D. Judge people who have health problems

STUDENT COMPLETION CHECK

After completing all 20 questions, check that you have selected an answer for every question.

■	Questions 1–5 completed
■	Questions 6–10 completed
■	Questions 11–15 completed
■	Questions 16–20 completed

Teacher note: This take-home version is designed for online completion. Students do not need to write answers; they can select their responses on the LiveWorksheets version.