

Unit 1: A Health Foundation Test

The three parts of the **health triangle** are:

- A. Social, chemical, physical
- B. Physical, chemical and emotional
- C. Social, physical, mental/emotional
- D. Mental, social and emotional

Your **environment** _____ affect your health?

- A. Does
- B. Does not

Which of the following is a **risk behavior**?

- A. Using tobacco
- B. Texting and Driving
- C. Skipping meals
- D. All the above

Abstinence is a way to avoid some risky behaviors.

- A. True
- B. False

Eating **nutritious foods** and getting enough **physical activity** are habits that most impact which area of health?

- E. Physical health
- F. Social health
- G. Mental/Emotional Health
- H. Wellness

A **positive outlook** is a characteristic

- I. Of individuals with good mental/emotional health
- J. Of most individuals who make poor decisions about health
- K. That indicate good physical health
- L. That is not important to total health

Three strategies used in **refusal skills** include:

- A. I statements, facts, offering alternatives
- B. Facts, a firm and clear No, offering alternatives
- C. Both A and B
- D. None

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Chao Zhang



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