

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

Glenco Health Unit Test Answer Key

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Yeh**

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Glencoe Teen Health Mary H. Bronson, Michael J. Cleary, Betty M. Hubbard, Dinah Zike, 2005 Glencoe Writer's Choice, 2005 **Illinois health news. v. 6, 1920**, 1920 **Teen Health Course 3** Wright Group-McGraw Hill, 2002-04

Illinois Health News, 1920 Illinois Health News Illinois State Board of Health, 1920 *Resources in Education*, 1982 *Research in Education*, 1971 *Teen Health, Course 3, Student Edition* McGraw-Hill, 2004-03-22 Teen Health Courses 1 2 and 3 The integrated activities based health program written especially for middle school students This comprehensive integrated skills based program is available for grades 6 7 and 8 **Writer's Choice** GLENCOE, Jacqueline Jones Royster, 1996 An elementary level language arts textbook which develops good writing skills through exercises in reading writing and grammar *Municipal Journal and Engineer*, 1911 **Journal of the Department of Agriculture of South Australia** South Australia. Department of Agriculture, 1926 **The Detention and Jailing of Juveniles** United States. Congress. Senate. Committee on the Judiciary. Subcommittee to Investigate Juvenile Delinquency, 1974 *Glencoe Computers in the Medical Office*, 2001 The Jersey Bulletin and Dairy World, 1912 *Municipal Journal and Public Works*, 1911 **The Journal of the Department of Agriculture of South Australia** South Australia. Department of Agriculture, 1926 Glencoe Nursing Assistant Fundamentals: A Patient Centered Approach June Eastmond, Ethel Taylor, Elizabeth Yeh, 1997-01-07 Vignettes that put students in real life situations are among the ways that Glencoe Nursing Assistant Fundamentals takes students beyond the confines of textbook learning to prepare them for the rigors and rewards of careers as nursing assistants Combining technical instruction and concepts in patient centered care this new text focuses on both the technical skills and the human relations skills required of a nursing assistant *Comfort*, 1914 **Teen Health Course 3** Mary Helen Bronson, Glencoe/McGraw-Hill, 1999

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