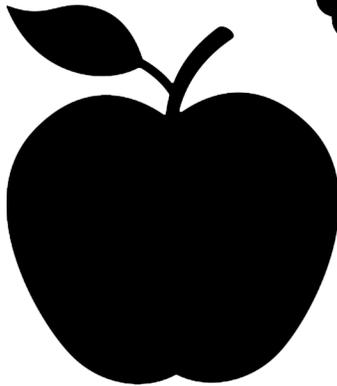
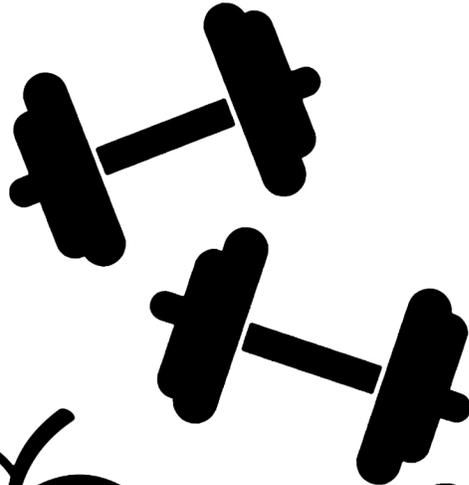


6TH GRADE FALL HEALTH CONTENT ASSESSMENT

2019-2020 SCHOOL YEAR



NOBLEFIT
BE WELL. BE EMPOWERED.

INSTRUCTIONS:

**READ EACH QUESTION CAREFULLY, READ ALL ANSWER CHOICES,
MAKE THE BEST SELECTION, AND MARK ALL ANSWERS ON YOUR ANSWER SHEET.**

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1. Which of the following best describes wellness?
 - a. A person's well-being during their first year of life
 - b. A person's well-being during their last year of life
 - c. A person's ongoing process of making choices toward a healthy and fulfilling life
 - d. A person's short-term goal of becoming aware of choices that lead to a healthy and fulfilling month
 2. Shawn just found out that his little brother forgot the keys to the house. Now they have to wait outside their house for an hour until their mom gets home from work. What emotion is Shawn likely feeling?
 - a. Joy
 - b. Anger
 - c. Trust
 - d. Surprise
 3. Zamiah recently learned that it is important to find a purpose in life but she is not sure how to get started. Which of the following activities would you recommend she do to begin her journey?
 - a. Talking to her friends about what they each find meaningful in life
 - b. Talking to her brother about his messy room
 - c. Talking to her teacher about her low grade on an exam
 - d. Talking to her parents about her curfew
 4. Drinking water helps our bodies remain:
 - a. Dehydrated
 - b. Sleepy
 - c. Hydrated
 - d. Drained
 5. Whole foods are NOT:
 - a. Naturally grown
 - b. Processed in a factory
 - c. From an animal
 - d. None of the above are characteristics of whole foods
 6. Abstinence is defined as the choice to:
 - a. Not have sex
 - b. Sometimes have sex
 - c. Almost never have sex
 - d. None of the above
 7. What is functional movement?
 - a. Everyday movements that use many muscle groups
 - b. Dangerous activities that we should never do
 - c. Unnatural movements
 - d. Single-joint movements that use only one muscle group at a time.
 8. During physical activity squeezing your stomach and back muscles helps you maintain a _____.
 - a. Rounded back
 - b. Straight back
 - c. Hurt back
 - d. All of the above
 9. Deja has been telling her girlfriend that she's been going home after school, but she has actually been going to her friend's house. Which of the following unhealthy relationship characteristics is she demonstrating?
 - a. Understanding
 - b. Problem solving
 - c. Dishonesty
 - d. Honesty

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10. Students are more likely to give their best effort and maintain a positive attitude when:
- They are pressured to succeed.
 - They fear punishment and failure.
 - They feel encouraged by peers.
 - They feel isolated and alone.
11. What is goal of the NobleFit program?
- To improve physical health.
 - To improve mental health.
 - To improve emotional health.
 - All of the above are goals of the NobleFit program.
12. Alex is trying to maintain overall wellness. A goal of his is to begin brushing his teeth on a daily basis. How many times a day would you recommend Alex to brush his teeth?
- One time daily
 - Two times daily
 - Five times daily
 - Ten times daily
13. When Devin thinks that someone is talking badly about him, he thinks of himself as not worthy and becomes very sad. On the other hand, his brother Jonathan does not worry what other people say because he is confident in who he is. Which of the brothers is displaying positive self-esteem?
- Devin
 - Jonathan
 - Both Devin and Jonathan
 - Neither Devin nor Jonathan
14. Elizabeth wants to make better choices during meals. What is the best way for her to be sure she is eating the right amount of healthier foods?
- She can just guess
 - She can use her hand to determine the right portion size
 - She can only eat from restaurants and avoid package foods
 - None of the above
15. Jeremiah is cutting back on processed sugars. Which food items should he avoid in order to make sure he stays on track?
- Brownies
 - Carmel Apples
 - Fruit Snacks
 - All of the above
16. What are the benefits of being proactive?
- Being proactive increases stress.
 - Being proactive makes you easily offended by others.
 - Being proactive helps you take control of your actions.
 - Being proactive makes you avoid taking responsibility for your mistakes.
17. Scaling an exercise means that you are:
- Making an exercise less fun.
 - Making an exercise more social.
 - Making an exercise less challenging.
 - Making an exercise more difficult.
18. What is a benefit of maintaining proper personal hygiene?
- A stronger immune system
 - Your body feeling better
 - Preventing infections from bacteria
 - All of the above are benefits of maintaining good personal hygiene
19. Which of the following is NOT necessary in order to maintain physical wellness?
- Eating healthy foods
 - Sleeping at least 12 hours a night
 - Finding an exercise routine
 - Washing your hands with soap and water regularly

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20. Aaliyah feels that she has been stressed for a long time. Due to the stress, she has been sick more often and has been experiencing back pain. This situation is an example of:
- Acute stress.
 - Stress management.
 - Chronic stress.
 - Trauma.
21. Janee ran two miles in gym class and as a result was a little dehydrated. Which is a side effect of dehydration?
- Acne and tooth aches
 - Bad breath and foot odor
 - Joint stiffness and fever
 - Tiredness and thirst
22. Which items are high in natural, unprocessed sugars?
- Donuts
 - Bananas
 - Fish
 - Oatmeal cookies
23. Puberty is defined as the process of _____.
- Social awareness
 - Spiritual growth
 - Mental awakening
 - Sexual maturation
24. Which of the following is NOT an example of a functional movement?
- Squat
 - Push-up
 - Lunge
 - Bicep curl
25. Mariel and her classmates are volunteering to fix an elementary school. In order to help the organization they are working with, she and her friends started a GoFundMe (online fundraising) account to raise money for the school. This is:
- An example of inappropriate use of social media.
 - An example of appropriate use of social media.
 - An example of physical wellness.
 - Not going to do anything to help the school.
26. Eating a balanced meal is good for the body because it can directly affect our:
- Muscle mass.
 - Friendships.
 - Energy.
 - A and C only
27. Kandice has chosen broccoli, a turkey burger, and a cup of water for lunch. If she wants to make her meal more balanced, what food option should she add to ensure that she has each macronutrient represented on her plate?
- French fries
 - Avocado slices
 - Mashed potatoes
 - Nothing, her meal is balanced as it is
28. Which food item could you double in portion and still have a healthy, balanced meal?
- Cake
 - French toast
 - Broccoli
 - Pancakes
29. What is the best description of self-esteem?
- Having self-confidence
 - Having self-worth
 - Having self-value
 - All of the above

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30. Which of the following is a characteristic of a healthy relationship?
- Disrespect, but only on occasion
 - Mutual respect
 - Shouting
 - Keeping quiet
31. The shedding of an unfertilized egg and the uterine lining (bleeding) in a female is known as _____.
- Frustration
 - Foundation
 - Menstruation
 - Ovulation
32. Sonya works hard, but she is shy in class and she does not feel she will ever be a good leader. You tell her that she can still be an amazing leader in class because:
- Leaders lead by example.
 - She's pretty.
 - She's popular outside of school.
 - It's not important to try your best.
33. Research suggests sitting for long periods of time may be as dangerous as _____.
- Squatting
 - Running a marathon
 - Wearing a helmet while riding a bicycle
 - Smoking
34. Diamond's mother told her that she should be making healthier food choices when going to the supermarket. During her latest trip to the supermarket, Diamond decided not to buy a bag of Flamin' Hot Cheetos at the checkout. Which of the following is a component of wellness is Diamond working on?
- Physical
 - Mental
 - Emotional
 - Spiritual
35. Which meal is made of up only whole foods?
- Baked potato and chicken nuggets
 - Spinach salad topped with nuts and lemon juice
 - A burger and fries from a fast food restaurant
 - A strawberry milkshake and a chocolate chip cookie
36. If you or someone you know has experienced trauma, what is the best way to begin the process of getting support?
- Keep quiet
 - Tell your entire class
 - Talk to someone you do not trust
 - Talk to a trusted adult or counselor
37. The belief that skills can be improved through practice is:
- Leadership.
 - A fixed mindset.
 - A growth mindset.
 - Thinking lose-lose.
38. Actively and mutually agreeing to take part in any sexual activity is known as:
- Consent.
 - Resilience.
 - Orientation.
 - Identity

39. Which of the following meals is both nutritionally balanced and has the right portion sizes for a student your age?

- a. A cup of yogurt, a cup of vegetable soup, and a turkey sandwich with spinach and mustard
- b. Three servings of spaghetti with no meatballs
- c. Two cups of yogurt and two hotdogs with chili-cheese fries
- d. Two cups of soup, an orange and two glazed donuts

40. Reese is unsure of what a whole food is, but her friend Mya gave her some definitions. Which definition BEST fits the description of what a whole food is?

- a. A food that is grown or from an animal and can be eaten cut or prepared
- b. A food with little sugar, meaning it tastes plain
- c. A food that is not cooked, meaning it is raw or not warmed
- d. A food with added preservatives, dyes and other chemicals