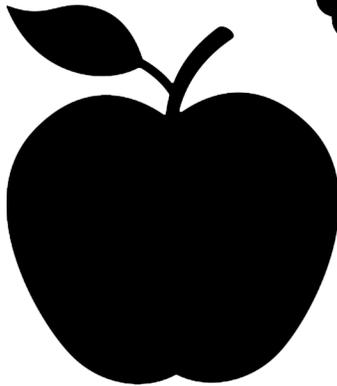
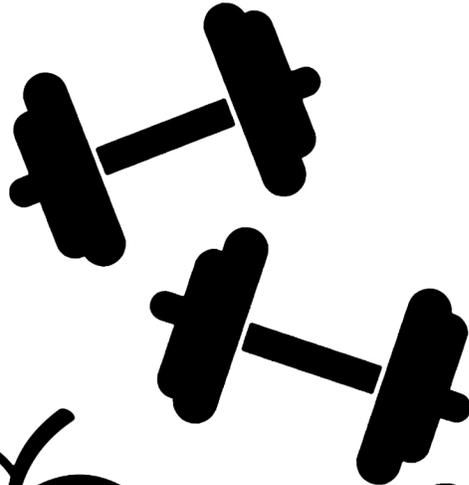


7TH GRADE FALL HEALTH CONTENT ASSESSMENT

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. What are the benefits of getting a good night's sleep?
 - a. You have more energy to be active throughout the day.
 - b. Your organs get the rest they need.
 - c. You reduce the risk of disease.
 - d. All of the above are benefits of a good night's sleep.
 2. For lunch Jasmine ate a Snickers bar, two bananas, some grapes and pineapple juice and doesn't feel well. This is most likely because she:
 - a. Did not get enough rest.
 - b. Consumed too much sugar.
 - c. Consumed too many vegetables.
 - d. Did not eat enough fruit.
 3. Trevon has been feeling confident academically because he has learned better study habits. This will most likely affect his _____ positively.
 - a. Nutrition
 - b. Motor skills
 - c. Self-esteem
 - d. Mile time
 4. Your family decides to have some ice cream to celebrate your sister's birthday. You want to be sure not to eat too much of the treat. How can you quickly determine the serving size and nutritional information of your ice cream?
 - a. Ask someone who works at the grocery store
 - b. Guess the amount
 - c. Read the label on the package
 - d. Use your hand as a guide
 5. While running it is important to maintain tall posture, a straight back, and a tight stomach which helps to:
 - a. Improve running speed.
 - b. Reduce the chance of injury.
 - c. Improve running endurance.
 - d. All of the above are correct.
 6. Tiffany performs her body weight squats with perfect technique. Today in class, she is performing a squat holding a medicine ball and you notice that she no longer has perfect technique. As her partner, what would you suggest to help Tiffany?
 - a. Suggest she put the medicine ball down and go back to body weight squats
 - b. Suggest she increase the weight to help her get lower in her squat
 - c. Not suggest anything because her squat is almost right
 - d. All of the above are good suggestions for Tiffany
 7. When Tina is late to school, she blames the bus for being slow. When she gets demerits for talking in class, she blames the teacher. When she gets a bad grade on a quiz, she blames her friends for distracting her the night before. Tina is displaying:
 - a. Proactive behavior.
 - b. Strong leadership.
 - c. Prioritization.
 - d. Reactive behavior.
 8. You are very tired from a long day at school, but still need to review for a quiz tomorrow. Despite being tempted to check social media updates, you do a quick workout, take a shower, eat a healthy meal, and review for your quiz. This is an example of which of the 7 Habits?
 - a. Thinking win-win
 - b. Putting first things first
 - c. Synergizing
 - d. Procrastinating

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9. Tim and John communicate openly and honestly. What type of relationship are they in?
- Weird
 - Healthy
 - Abnormal
 - Unhealthy
10. Camryn is making a salad for lunch and wants to add something with good nutritional value to it. What should she add?
- Croutons instead of celery
 - Fresh blueberries instead of croutons
 - Ranch dressing instead of lemon juice
 - Candied nuts instead of fresh strawberries
11. Which of the following statements about fruits like limes, oranges, and cranberries, is FALSE?
- Fruit has high levels of vitamins and minerals that support brain function and tissue repair.
 - Some fruit is high in natural sugars, so you should balance them with vegetables, protein, and other foods lower in sugar.
 - Fruits are whole foods that provide energy in the form of carbohydrates for everyday life.
 - Eating fruit does not provide many health benefits.
12. Sophia noticed that her teacher had logged a demerit without telling her. Which of the following is an appropriate response to the teacher's actions?
- Going straight to the principal
 - Screaming at the teacher in front of everyone in her class
 - Not doing anything about it
 - Asking her teacher after class to explain the demerit
13. Every time you try to complete a pushup your hips drop, so your teacher suggests you scale the pushup for today's workout. Which of the following would the teacher likely suggest you do instead of the full pushup?
- Meditation
 - Bicep curls
 - Jog extra laps around the gym
 - Plank holds with a tight stomach
14. Adam intimidates his partner by pushing and yelling at him, but he is always honest. What type of relationship is Adam in?
- A normal relationship- intimidation is always part of a relationship.
 - An unhealthy relationship- pushing and yelling should never happen.
 - A healthy relationship- he is honest with his partner.
 - None of the above describes Adam's relationship.
15. Sam is late to school several times per week, which is causing him to earn detentions and fall behind in class. You know Sam wants to do better but is struggling on his own, so you agree to text him every morning to make sure he's awake. Over the next two weeks Sam is only late once and his grades are improving. Your help is an example of:
- Being a yes-man
 - Selfishness
 - Leadership
 - All of the above

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16. Keira is making a grilled chicken salad for dinner. About how much chicken would be a good portion size for her?
- 2-3 handfuls of cut up chicken
 - A piece of chicken about the size of her palm
 - A piece of chicken about the size of her thumb
 - Chicken is a whole food, so she should eat as much of it as she wants
17. Jonah states that he would like to work on his physical wellness. Which of the following should he do to work toward this goal?
- Eating more whole foods every day
 - Exercise every other day for 60 minutes
 - Sleep 8-10 hours per night
 - All of the above could improve Jonah's physical wellness
18. If you feel your body tense up, you are most likely feeling:
- Sad
 - Angry
 - Curious
 - Happy
19. It is Rene's first day of school and he gets demerits for wearing his Apple watch. Instead of lashing out, Rene takes off the watch and accepts the consequence. Which of the following is a benefit of Rene managing his emotions?
- He feels better about himself since he did accepted the consequence respectfully.
 - He avoids more severe consequences.
 - He will not make the same mistake again.
 - All of the above are benefits of Rene managing his emotions.
20. Why is it important to work at maintaining your mental wellness?
- To please your teachers
 - To increase your chances of success
 - To have cool friends
 - Mental wellness is not important
21. How many times per day should you brush your teeth?
- 0 times
 - 2-3 times
 - 10-12 times
 - It doesn't matter how often you brush your teeth, as long as you do.
22. Abstinence is defined as the choice:
- Not to have sex.
 - Sometimes have sex.
 - Almost never have sex.
 - None of the above define abstinence.
23. Kara wanted to eat more foods with better overall nutritional value (more vitamins and minerals). Which meal option could best help Kara achieve her goal?
- A beef hot dog with mustard and onions
 - Avocado, salmon, broccoli and a boiled egg
 - Chicken and dumpling soup, fresh pineapples and biscuits
 - Avocado, a bagel with cream cheese and a fried egg with coleslaw
24. Your friend is very strong, but cannot touch his toes during a forward bend. You recommend adding some yoga, Pilates, or daily stretching to help him improve his:
- Power.
 - Stamina.
 - Speed.
 - Flexibility.

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25. Tonya doesn't seem to have a group of friends to sit with at lunch, so Erica decides to invite her to sit at the table with her friends. Erica is displaying:
- Resiliency.
 - A Fixed mindset.
 - Leadership.
 - Moodiness.
26. Nikki is struggling to perform pushups. You are struggling with some of the new math concepts. Nikki works very hard in math and you have improved your pushups. You and Nikki set up a plan to help each other. During those sessions you both will spend 30 minutes practicing pushups and 30 minutes practicing the new math concepts. This is an example of which of the 7 Habits?
- Competition
 - Thinking Win-Win
 - Being a yes-man
 - Procrastination
27. Macronutrients are:
- Fats, carbohydrates and protein needed in large amounts.
 - Sugar and protein needed in small amounts.
 - Sugar, carbohydrates and protein needed in large amounts.
 - Water and protein needed in small amounts.
28. By choosing abstinence, Diane has ensured that she will NOT:
- Fail her health assessment.
 - Get the flu.
 - Get pregnant.
 - Get a demerit.
29. Although difficult to define, "gender" can refer to which of the following?
- Only a person's biological sex
 - Transgender people
 - Males only
 - A person's role in society
30. Lawrence is performing deadlifts in class and the teacher says, "Lawrence, brace your core." The teacher moves on to another student and you notice that Lawrence seems confused by the teacher's instructions. Which of the following would be another way to say what the teacher said so Lawrence can understand?
- "Relax, you seem tense."
 - "Squeeze your stomach in order to keep your back straight."
 - "Go faster so you can burn more calories."
 - "You should round your back to take pressure off your legs."
31. When studying for a test, you feel your mind start to lose focus. You know that 20 minutes of exercise causes:
- Worse focus
 - Extreme tiredness
 - Bad moods
 - Improved energy and concentration
32. Which of the following best defines gratitude?
- Being thankful
 - Getting angry
 - Negativity
 - Being rude
33. Which of the following is NOT a component of wellness described in the NobleFit Content Guide?
- Oral hygiene
 - Personal Hygiene
 - Fashion
 - Self-esteem

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34. When we consume too much sugar, whether natural or processed we are at a higher risk of _____.
- Tooth decay
 - Obesity
 - Diabetes
 - We are at a higher risk of all of the above diseases.
35. Monica wants to be more thoughtful about the food she is eating. You tell her that she can gain a better understanding of the correct portion size of a food by:
- Using her hand as a guide.
 - Always filling up a large plate with food.
 - Asking a friend who is in good shape for advice.
 - None of the above would help her better understand portion size.
36. You failed the first English quiz of the semester. You want an A on your next quiz and decide to be more proactive by:
- Coping the daily homework assignments in the cafeteria before school.
 - Reviewing an extra 15 minutes every day until the next quiz.
 - Skipping the homework assignments, but trying really hard on the next quiz.
 - All of the above are proactive steps.
37. Eating a diet rich in whole foods:
- Provides you with a variety of vitamins and minerals necessary for tissue growth and other functions in your body.
 - Is not necessary as long as you take a multivitamin every day.
 - Contains too many calories, which would result in weight gain.
 - Does not provide any benefits as compared to a diet filled with processed foods.
38. Which of the following best describes sexual orientation?
- Attraction to someone
 - Distance from someone
 - Race of someone
 - Sexual orientation is the same as gender
39. Which of the following is a circumstance that can affect self-esteem?
- Genetics
 - Social situations
 - Comparing yourself to others
 - All of the above can affect self-esteem
40. James is confused about choosing a purpose and passion and needs some advice. You tell James that finding a purpose and passion is:
- A boring subject.
 - A hobby.
 - A goal.
 - Not important.