

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

**GRADE 9<sup>th</sup>**  
**BASELINE DATA ASSESSMENT**  
**HEALTH EDUCATION**

**Multiple Choice (4 points each)**

1. Which of the following options will NOT cause or increase stress?
  - A. sleep problems
  - B. lack of concentration
  - C. relaxed muscles
  - D. anger
  
2. Which of the following defines Life expectancy?
  - A. absence of illness
  - B. number of years a person can expect to live
  - C. ability to enjoy life
  - D. degree of overall satisfaction that person gets from life
  
3. When describing personality, which central trait is used most?
  - A. belonging
  - B. self-actualization
  - C. self-esteem
  - D. extroversion
  
4. Which example below is an indicative of wellness?
  - A. enthusiasm for life
  - B. frequent aches and pain
  - C. low energy level
  - D. isolation from others
  
5. Which action is an example of a teen showing responsibility to the community?
  - A. exercising and eating nutritious meal
  - B. earning extra money at an after-school job
  - C. listening to a close friend's problems
  - D. participating in a park cleanup
  
6. When a person's mental and physical abilities are impaired by alcohol or another substance, it is called?
  - A. a hangover
  - B. sobering up
  - C. intoxication
  - D. a blackout
  
7. Sharing thoughts, feelings, and information is a process called \_\_\_\_\_.

- A. communication
  - B. cooperation
  - C. compromise
  - D. aggression
8. A(n) \_\_\_\_\_ is a person who is attacked by another person.
- A. victim
  - B. bully
  - C. assailant
  - D. instigator
9. Which of the following people generally requires more calories?
- A. people with less muscle mass
  - B. people with higher basal metabolic rate
  - C. people who are less active
  - D. athletes
10. A chemical substance that people of any age may not lawfully manufacture, possess, buy, or sell is known as a(n) \_\_\_\_\_ .
- A. illegal drug
  - B. prescription drug
  - C. medicine
  - D. over-the-counter drug
11. Blood \_\_\_\_\_ is the force with which blood pushes against the walls of your blood vessels.
- A. type
  - B. clotting
  - C. pressure
  - D. transfusion
12. A diet that is high in \_\_\_\_\_ can help you avoid cardiovascular disease.
- A. sodium
  - B. leafy green vegetables
  - C. red meat
  - D. cholesterol
13. Which of the following describes self-esteem?
- A. how responsible you are
  - B. how self-disciplined you are
  - C. your opinion of yourself
  - D. your true feelings about others
14. \_\_\_\_\_ is taking action(s) to avoid diseases.
- A. Health
  - B. Assertive

- C. Agreeableness
- D. Prevention

15. A \_\_\_\_\_ is a unit of energy.

- A. exercise
- B. exhaustion
- C. calorie
- D. bacteria

16. A person who can diagnose and treat mental disorders is called a \_\_\_\_\_.

- A. principal
- B. psychiatrist
- C. physiologist
- D. physical trainer

17. Which of the following describes the term malignant?

- A. high body mass index
- B. a person who doesn't eat meat
- C. a term used to describe cancerous tumor
- D. a legal drug

18. A break in a bone is called a \_\_\_\_\_.

- A. fracture
- B. joint
- C. reflex
- D. artery

**Critical Thinking (14 points)**

Obesity rates in the United States have increased throughout the last several decades. In the space below please analyze many of the contributing factors that have expedited the obesity rates in America. (In addition, please compare and contrast eating habits, lifestyles, and cultures of the United States in comparison to other countries. Use the back of worksheet if necessary.)

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**Open Ended (14 points)**

Jason and Steve decide to share one bottle of water that Jason will first drink half of the bottle and Steve will drink the rest. Steve notices that Jason has a cut on his lip and that drops of blood have remained on the bottle. Please explain why it is not sanitary for Jason and Steve to share the same water bottle? What are diseases that can occur if Steve drinks from the water bottle? Why? Lastly, what are some preventive measures individuals can take to ensure they are not in circumstances such as Jason's and Steve's. (Use the back of worksheet if necessary.)

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**Answer Key**

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**Multiple Choice**

1. C
2. B
3. A
4. A
5. D
6. C
7. A
8. A
9. D
10. A
11. C
12. B
13. C
14. D
15. C
16. B
17. C
18. A

**Critical Thinking**

Obesity rates in the United States have increased drastically throughout the last several decades for many significant reasons. One main reason is the excessive advertisement of fast food and its imperial status that has mainstreamed into our American lifestyle. Fast food restaurants are practically in every major city, highway, airports, malls etc. Eating out has increased throughout the years and unlike many other countries our fast paced and overly impatient way of life has truly made fast food restaurant a catalyst to America's obesity challenge.

**Open-Ended**

There are many reasons why Jason and Steve should not share a water bottle, especially if one of them has a cut on his lip and blood residue has remained on the water bottle. These type of behaviors are not sanitary because while Jason and Steve might see it as just sharing a water bottle, they are doing more than sharing just water. Steve and Jason are exchanging germs, fluids, and blood pathogens that can cause infections and even chronic diseases that can lead to various serious illnesses. A preventative measure that Steve and Jason could have easily taken was to ask an employee at a store or nearby restaurant to provide them with plastic cups to safely share and enjoy their water.