

Name \_\_\_\_\_

Date \_\_\_\_\_

**Health: Common Assessment 2**

- \_\_\_\_\_ 1. A pathogen is... (2.1.4.C.1&2)
- A. an illness
  - B. a very simple, one-celled animal
  - C. a germ that causes diseases
  - D. the smallest living thing that grows
- \_\_\_\_\_ 2. Pathogens can enter your body through... (2.1.4.C.1&2)
- A. your mouth
  - B. your skin and nails
  - C. your hair
  - D. A and B are correct
- \_\_\_\_\_ 3. A bacteria can cause... (2.1.4.C.1&2)
- A. sore muscles
  - B. the flu
  - C. strep throat
  - D. A and C are correct
- \_\_\_\_\_ 4. What is a way that your body tries to keep out pathogens? (2.1.4.C.1&2)
- A. You cough or sneeze to get pathogens out
  - B. Tears wash away dust particles that might contain pathogens
  - C. Skin covers your body
  - D. All of the above
- \_\_\_\_\_ 5. What is a way NOT to keep out pathogens? (2.1.4.C.1&2)
- A. Keep away from strange animals
  - B. Swim in an unclean lake
  - C. Put a bandage over a cut
  - D. Follow rules for safely preparing food
- \_\_\_\_\_ 6. Pathogens can enter your nose and eyes if you... (2.1.4.C.1&2)
- A. wear other people's clothing
  - B. give a high-five
  - C. eat meat that is not cooked
  - D. put objects in your nose and eyes

- \_\_\_\_\_ 7. A disease can be spread by... (2.1.4.C.1&2)
- A. washing your hands
  - B. sharing a soda with a friend
  - C. coughing into your elbow
  - D. using a tissue
- \_\_\_\_\_ 8. A way to protect yourself from foodborne illnesses is to... (2.1.4.C.1&2)
- A. eat chicken that is pink
  - B. store and refrigerate foods properly
  - C. eat fruits before washing them
  - D. eat raw cookie dough
- \_\_\_\_\_ 9. Many diseases and illnesses are preventable. (2.1.4.C.1&2)
- A. true
  - B. false
- \_\_\_\_\_ 10. A psychiatrist is a doctor who helps people with their... (2.1.4.C.3)
- A. mental and emotional health
  - B. teeth and cavities
  - C. diet and nutrition
  - D. vision and hearing
- \_\_\_\_\_ 11. Can a mental illness be spread from person to person? (2.1.4.C.3)
- A. yes
  - B. no
- \_\_\_\_\_ 12. Circle all of the services that your school provides (2.2.4.E.1)
- A. hearing test
  - C. blood test
  - D. x-rays
  - E. dental cleaning
  - F. height & weight screening
- \_\_\_\_\_ 13. The nurse checks your vision so that... (2.2.4.E.1)
- A. you can get better grades
  - C. you are able to see clearly
  - D. you eat a healthy diet
  - E. you are able to hear well

- \_\_\_\_\_ 14. If you or a friend fall off a swing and think a bone may have broken, the \_\_\_\_\_ should be contacted. (2.2.4.E.2)
- A. police department
  - B. fire department
  - C. 911 for the EMT (emergency medical technician)
  - D. mayor
- \_\_\_\_\_ 15. Puberty occurs during... (2.4.4.B.1)
- A. childhood
  - B. adolescence
  - C. infancy
  - D. adulthood
- \_\_\_\_\_ 16. All adolescents go through puberty at the exact same time. (2.4.4.B.1)
- A. true
  - B. false
- \_\_\_\_\_ 17. A baby has a better chance of being born healthy if the birth mother is in good health (2.4.4.C.2)
- A. true
  - B. false
- \_\_\_\_\_ 18. Community wellness will improve if you... (2.2.4.D.1)
- A. recycle paper, cans, bottles, etc.
  - B. start a compost pile in your backyard
  - C. pack your lunch in a reusable lunch bag
  - D. all of the above
- \_\_\_\_\_ 19. Even 4<sup>th</sup> graders can improve their community by conserving resources (2.2.4.D.1)
- A. true
  - B. false
- \_\_\_\_\_ 20. A reason you should stay away from gangs is... (2.1.4.E.2)
- A. gangs do good things
  - B. you will be safe if you join a gang
  - C. the gang will make you do wrong things
  - D. you will make good friends in the gang