

Name _____

Date _____

Family Life -Assessment

Circle the BEST answer. (5 points each) _____ / 50**1. For most boys puberty begins:**

- a. after the age of 20
- b. between the ages of 10 and 17
- c. between the ages of 3 and 9

2. For most girls, puberty begins:

- a. after the age of 17
- b. between the ages of 9 and 14
- c. between the ages of 5 and 7

3. Although at the beginning a girls period can be very irregular they typically get their period:

- a. once a day
- b. every 28 days
- c. every 64 days

4. The sex of a baby is determined by:

- a. whether the sperm has and extra x or y chromosome
- b. the time of day it is born
- c. the eye color of the parent

5. The hormone that produces secondary sex characteristic in males is:

- a. testosterone
- b. estrogen
- c. progesterone

6. The hormone that produces secondary sex characteristic in females is:

- a. estrogen
- b. testosterone
- c. progesterone

7. Which one of these body changes is NOT a part of puberty in girls:

- a. Increase in breast size
- b. Growth of hair under arms
- c. Increase in feet size

8. Which one of these body changes is NOT a part of puberty in boys:

- a. Increase in height
- b. Deeping of the voice
- c. Widening of the hips

9. To reduce body odor, you should:

- a. take a shower or bath every week
- b. take a shower or bath every day
- c. use deodorant

10. Boys begin shaving at about age:

- a. 21
- b. 10
- c. 16

Label the list of organs. If the part is from the FEMALE Reproductive System put an "F" if the part is from the MALE Reproductive System put an "M" after it (3 points each) _____ / 24

| | |
|----------------------|------------------------|
| Prostate gland _____ | Ovary _____ |
| Cervix _____ | Testes _____ |
| Fallopian tube _____ | Uterus _____ |
| Vas deferens _____ | Seminal vesicles _____ |

What are the organs in the female reproductive system? (1 point each) _____/ 5

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | |

What are the organs in the male reproductive system? (1 point each) _____/ 7

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | |

Number the events in order 1,2,3,4,5,6 (1 point each) _____/ 6

| | | |
|-----------------------------------|---|--|
| The baby is born_____ | The egg is produced in the ovary_____ | The baby passes through the cervix_____ |
| The baby grows in the uterus_____ | The baby passes through the vagina_____ | The egg is fertilized in the fallopian tube_____ |

True or False (1 point each) _____/ 8

It is safe to take steroids to make muscles bigger_____

Semen is a mixture of fluids and sperm_____

Acne is a skin disorder where you break out in a rash_____

Perspiration is a salty liquid that secrets from your pores_____

Caffeine can cause birth defects_____

Family values are the same for every family_____

Boy's voices crack beginning around age 16-17_____

Toxic Shock Syndrome is caused by pads/panty liners_____

2.1.6.B.1-5, 2.1.6.A.1-3, 2.2.6.C.1-4, 2.2.6.A.1-2, 2.2.8.B.1-3,
2.1.6.D.1-4,

5th Grade Health Test

Name: _____

Date: _____

A responsible decision is one that is:

- A. Healthful
- B. Safe
- C. Follows laws
- D. All of the above

Communication can be done by which of the following?

- A. Talking
- B. Texting
- C. Email
- D. All of the above

3 parts of an I message are the behavior the effect and

- A. The feelings that result
- B. The solution to the problem
- C. The reason you are angry
- D. How you will respond next time.

3 kinds of health are physical, mental

- A. Optimal
- B. Social
- C. Emotional

Nutrients are used by the body to produce

- A. Fats
- B. Energy
- C. Carbohydrates
- D. Minerals

How many calories does the average diet consist of

- A. 5000
- B. 2000
- C. 500
- D. 10000

The following foods are a good source of carbohydrates except

- A. Potatoes
- B. Rice
- C. Butter
- D. Cereal

The following foods are a good source of fats except

- A. Milk
- B. Bread
- C. Steak
- D. Pork

What organ of the body does Cirrhosis damage?

- A. Liver
- B. Heart kidney
- C. Ears

What type of drug is alcohol classified as

- A. Stimulant
- B. Depressant
- C. Both
- D. Neither