

Grade 3 Pre/Post-Test

Directions: Fill in the circle of the one correct answer for each statement or question.

Example:

1. A turnip is... A. a funny face.
B. a food.
C. a math fact.
D. a bird.

1. A B C D

1. It is safe to...

- A. pet a strange dog.
- B. play in a deep ditch
- C. wear my bike helmet.
- D. play with matches.

2. What should you do if your clothes catch fire?

- A. crawl to the nearest exit.
- B. wait for someone to help you.
- C. grab all your belongings
- D. Stop, drop and roll.

3. It is risky to...

- A. swim without an adult present.
- B. jump rope.
- C. wear a bicycle helmet.
- D. wear a seatbelt in a car.

4. A part of the eye is...

- A. a molar.
- B. a nerve.
- C. the medulla.
- D. the retina.

5. What connects the eye to the brain?

- A. vagus nerve.
- B. optic nerve.
- C. retina.
- D. iris.

6. When a person mows the lawn, the best way to protect their eyes from injury is by wearing...

- A. sunglasses.
- B. safety glasses.
- C. a baseball hat.
- D. swimming goggles.

7. A part of the digestive system is the...

- A. stomach.
- B. kidney.
- C. heart.
- D. lung.

8. Which of the following foods is most healthful to eat?

- A. apple
- B. cookie
- C. potato chip
- D. candy

9. Jane always chooses to eat less healthy foods like cookies and soda, instead of healthy foods like fruits and vegetables. What might be a consequence of Jane's eating habits?

- A. Jane might not get enough nutrients.
- B. Jane might get fat.
- C. Jane might develop bad teeth.
- D. all of the above might happen to Jane.

10. Safety and health laws ...

- A. should be followed when you feel like it.
- B. are NOT needed in a community.
- C. only apply to adults in a community.
- D. help keep people safe in a community.

11. Which sentence below do you agree with the most?

- A. a person should never use an illegal drug, not even once.
- B. it is ok to try an illegal drug once or twice.
- C. people who use drugs do NOT hurt the community.
- D. people should be allowed to use illegal drugs if they want to.

12. Which of the following is an example of a good value?

- A. stealing a friend's bike,
- B. cheating on a test.
- C. lying to your teacher.
- D. helping a friend do school work.

13. A person with a good attitude about physical activity will probably...

- A. be more physically active.
- B. be less physically active.
- C. weigh too much.
- D. have poor eating habits.

14. When something upsets you, it is best to...

- A. keep it to yourself.
- B. stay calm and try to solve the problem with the help of others.
- C. yell at someone and stay mad at them.
- D. get mad and hit someone.

15. When you get upset at another person, you should...

- A. hit, bite, or kick the person.
- B. yell at the person.
- C. keep it to yourself.
- D. talk with the person about it.

16. What tells body cells how to grow?

- A. nucleus
- B. nerves
- C. traits
- D. genes

17. If someone in your class dresses or acts differently than you do, it is best to...

- A. tease them
- B. hit them
- C. get to know them before making an opinion
- D. ignore them because they are different.

18. If someone is touching or hitting you in a way that makes you feel badly, it is best to...

- A. tell an adult you trust.
- B. not tell anyone about it.
- C. tell an friend
- D. ignore it.

19. If your friend is smoking and wants you to smoke, it is best to...

- A. try smoking one time.
- B. say "No!", and tell your friend it is not good to smoke.
- C. join your friend and smoke with him/her whenever you want to.
- D. tell your friends that you do not want to be friends anymore.

20. The law about tobacco says that...

- A. tobacco is an illegal drug for people of all ages.
- B. tobacco is illegal for people under age 18.
- C. tobacco is never illegal.
- D. tobacco is healthy for you.

21. Which drug is in chocolate, tea, and coffee?

- A. alcohol
- B. nicotine
- C. caffeine
- D. all of the above drugs are in chocolate, tea, and coffee.

22. An example of a long-term goal for a third grader is...

- A. wanting to win a game that will be played today after school.
- B. wanting to eat a snack later today.
- C. wanting to be a teacher when he or she is an adult.
- D. not caring about what happens at school tomorrow.

23. A disease that can be passed from person to person is...

- A. heart disease.
- B. the flu.
- C. diabetes
- D. cancer.

24. What can vaccines do?

- A. vaccines can help you to recover from illness more quickly.
- B. vaccines can protect you from getting sick.
- C. vaccines are a source of nutrients.
- D. vaccines can do all of the above.

25. If a new student in your class has a physical impairment, it is best to...

- A. ignore them.
- B. tease them.
- C. offer help if they ask for it.
- D. do everything for them.

26. I think that including people with disabilities in activities in games, in class, and other things...

- A. something we should do as often as we can.
- B. something that we should sometimes.
- C. something that we should hardly ever do.
- D. something that we should never do.

27. Saying "No!" to risky situations can help you stay safe.

- A. Yes
- B. No

28. If you are color blind, it means you can't tell the difference between certain colors.

- A. Yes
- B. No

29. Nutrients are the parts of food your body uses to repair itself and give energy?

- A. Yes
- B. No

30. The food pyramid helps us to make good choices about what we eat.

- A. Yes
- B. No

31. Food labels tell us nutrition facts and what is in the food.

- A. Yes
- B. No

32. Is it okay to not wash your hands before eating?

- A. Yes
- B. No

33. Is it okay for kids to skip meals?

- A. Yes
- B. No

34. Recycling cans is good for the environment.

- A. Yes
- B. No

35. The adults in a family are the only ones who have responsibilities.

- A. Yes
- B. No

36. When you discriminate, it means that you treat people the same.

- A. Yes
- B. No

37. Jimmy decides to start drinking beer. Since drinking beer puts you at risk for injuries and diseases, and makes it hard to think clearly, is drinking beer a healthy choice to make?

- A. Yes
- B. No

38. Can germs be spread when one person touches another person's blood?

- A. Yes
- B. No

39. Can germs be spread when one person touches another person's saliva?

- A. Yes
- B. No

40. Do all people learn the same way?

- A. Yes
- B. No

41. Does calcium help your bones grow stronger?

- A. Yes
- B. No

42. One of the skeleton's jobs is to protect the organs.

- A. Yes
- B. No

43. Can physical activity make bones stronger?

- A. Yes
- B. No