

Grade 5 Pre/Post-Test – Questions

1. Which of the following situations requires first aid, but is NOT life threatening?
 - A. A person is choking.
 - B. A person is having a heart attack.
 - C. A person has a nose bleed.
 - D. A person is unconscious.
2. How much do you agree or disagree with the following sentence: "First aid skills are very important to learn."
 - A. strongly agree
 - B. strongly disagree
 - C. somewhat agree
 - D. somewhat disagree
3. The Heimlich Hug helps a person...
 - A. feel loved.
 - B. with an allergy.
 - C. who is bleeding.
 - D. who is choking.
4. If your friend drinks a poison by mistake, the best place to call for help is...
 - A. the police station.
 - B. your doctor.
 - C. the hospital.
 - D. the poison control center.
5. You should call 911 when...
 - A. you see two dogs fighting.
 - B. you see lightning strike a fence a long way away.
 - C. your friend falls off a ladder and looks badly hurt.
 - D. you see someone driving without wearing a seatbelt.
6. Which of the following is NOT a part of the brain?
 - A. cerebellum
 - B. thalamus
 - C. hypothalamus
 - D. tendon
7. How much do you agree or disagree with the following statement: Saying "No!" to drugs is the healthiest choice to make."
 - A. I really agree
 - B. I sort of agree
 - C. I sort of disagree
 - D. I really disagree
8. Stimulant drugs such as caffeine...
 - A. slow the body down.
 - B. speed up the heart.
 - C. make you sleepy.
 - D. are also called depressants.
9. If another child tries to pick a fight with you, it is best to...
 - A. walk away or try to talk to the person about the problem.
 - B. hit them before they hit you.
 - C. hit them, but only if they hit you first.
 - D. get some of your friends to help you beat them up.
10. If another child tries to pick a fight with you and you decide to walk away and not fight, what could happen that would be good?
 - A. Nobody would get hurt by fighting.
 - B. You wouldn't get into trouble with your teacher.
 - C. You wouldn't get into trouble with the police.
 - D. All of the above are good things that would happen by avoiding a fight.
11. Which question is NOT a step to resolve conflicts?
 - A. Ask yourself "What is the conflict?"
 - B. Ask yourself "What do I want?"
What do you want?"
 - C. Ask yourself "How can I win at any cost?"
 - D. Ask yourself "What are possible solutions?"

- 12. Fats, vitamins, protein and carbohydrates are called...**
- nutrients.
 - minerals.
 - nutritional guidelines.
 - food groups.
- 13. Which of the following lunch menus is the healthiest to eat?**
- chicken, apple, carrots & milk
 - chicken, twinkies, chocolate bar, milk
 - ham sandwich, potato chips, carrots, soda
 - ham sandwich, soda, 2 chocolate bars, apple, potato chips
- 14. What should people consider when planning a diet?**
- their overall health and medical condition
 - their activity level
 - their age
 - all of the above
- 15. Which of the following illnesses has to do with contaminated food?**
- salmonella
 - hepatitis A
 - trichinosis
 - all of the above
- 16. Which of the following foods contain fat?**
- carrot
 - hamburger
 - apple
 - spinach
- 17. Which is NOT a part of the respiratory system?**
- stomach
 - alveoli
 - bronchi
 - trachea
- 18. Which of the following might cause lung disease?**
- smoking
 - air pollution
 - second hand smoke
 - all of the above
- 19. What is a healthy way to deal with stress?**
- dieting
 - overeating
 - exercising
 - yelling at your friends
- 20. How much do you agree or disagree with the following statement: "It is important for me to have a support system."**
- I really agree
 - I sort of agree
 - I sort of disagree
 - I really disagree
- 21. Glands in the endocrine system include the...**
- pituitary, thyroid, and pancreas.
 - heart, veins, and arteries.
 - lungs, alveoli, and bronchia.
 - muscles, spinal cord, and nerves.
- 22. John is the shortest person in class, and he is overweight. You are playing kickball and you notice your friends teasing John. What would you do?**
- Ignore the situation.
 - Join your friends and tease John.
 - Ask your friends to stop teasing John
 - Hit John so your friends will think you are tough.
- 23. Poor hygiene can cause...**
- oily hair and bad breath.
 - body odor.
 - illness.
 - all of the above.
- 24. Which is an example of positive peer pressure?**
- Hitting someone to impress your friends.
 - Teasing someone to impress your friends.
 - Encouraging your friends to play basketball.
 - Drinking beer with your friends.

- 25. Taking a medicine that was originally prescribed for your brother or sister is an example of drug...**
- A. misuse.
 - B. abuse.
 - C. tolerance.
 - D. addiction.
- 26. What best describes a person addicted to a drug? Someone who...**
- A. craves the drug and needs it to function.
 - B. uses a drug one time.
 - C. uses a drug given to them by a doctor.
 - D. refuses to use drugs.
- 27. Drug abuse by a family member can cause...**
- A. accidents.
 - B. loss of job.
 - C. illness.
 - D. all of the above.
- 28. If someone in your family is drinking and it is causing problems or bothering you, the best thing to do is...**
- A. yell at them to try to get them to stop.
 - B. keep quiet about it and hope it goes away.
 - C. try to hide the alcohol.
 - D. talk to an adult that you trust.
- 29. Which of the following drugs are considered stimulants?**
- A. marijuana
 - B. alcohol
 - C. heroin
 - D. nicotine
- 30. The job of platelets is to...**
- A. change the color of blood to blue.
 - B. cause clotting and stop bleeding.
 - C. carry oxygen in the blood.
 - D. carry carbon dioxide in the blood.
- 31. HIV can be spread by...**
- A. coughing.
 - B. sneezing.
 - C. mosquitoes.
 - D. mixing blood.
- 32. What best describes how AIDS affects a person?**
- A. A person's bones are more likely to break.
 - B. A person gains a lot of weight.
 - C. A person's body cannot fight off germs.
 - D. A person is dizzy all the time.
- 33. A person will NOT be at risk of getting HIV by...**
- A. picking up a used hypodermic needle off the ground.
 - B. sharing a sewing needle with a friend to pierce your ear.
 - C. touching someone else's blood.
 - D. being in class with a student who is HIV positive.
- 34. Bandwagon and celebrity testimonials are ways that things you buy are...**
- A. advertised.
 - B. tested.
 - C. delivered.
 - D. all of the above.
- 35. What is a way that you can be a smart customer at a grocery store?**
- A. buy the most expensive food
 - B. read the label
 - C. don't read the label
 - D. always buy the food that costs the least
- 36. Which of the following help build strong bones?**
- A. calcium rich diet
 - B. phosphorus
 - C. exercise
 - D. all of the above

37. Mark likes to play sports like basketball and soccer. What are some good things that could happen to Mark from playing sports?

- A. Mark could make new friends.
- B. Mark's body would be healthier.
- C. Mark could have fun.
- D. All of the above are good things that could happen from playing sports.

38. How much do you agree or disagree with the following statement: "It is important to exercise 4-5 times per week for at least 30 minutes."

- A. I really agree
- B. I sort of agree
- C. I sort of disagree
- D. I really disagree

39. A reflex action is a movement our body does automatically.

- A. True
- B. False

40. Alcohol is NOT a drug.

- A. True
- B. False

41. The Food Pyramid is a guide to make healthy choices about nutrition.

- A. Yes
- B. No

42. Asthma can be spread from person to person.

- A. True
- B. False

43. Smoking can increase your risk for heart disease.

- A. True
- B. False

44. During the past week, have you handled stress in positive ways, such as exercising or talking about it with your parents?

- A. Yes
- B. No

45. Emotions have little effect on your health.

- A. True
- B. False

46. Sexual harassment is against the law.

- A. True
- B. False

47. Conflict resolution is a skill that can help prevent violence.

- A. True
- B. False

48. Advertising of addictive substances is illegal.

- A. True
- B. False

49. There are immunization shots that prevent HIV.

- A. True
- B. False

50. Environmental conditions can affect your physical safety.

- A. True
- B. False