

Name:

Class:

Health Final Exam

Directions: Answer any **seven** questions correctly to earn full credit. All questions must be labeled with the question number and **answered in complete sentences**. You may do additional questions to earn extra credit (3 points extra credit per question). You may use notes, handouts, and resources you have been given this year in health class (yes, even the internet- Mrs. Anzora's portaportal, for example, is a resource) but **all** of the answers to the questions must be **completely in your own words**. Anything that is NOT in your own words will be considered **plagiarism** and written up as a Level 3 disciplinary offense. You may not discuss this exam with anyone else until afterschool on June 6th, it will be considered cheating. This final exam is due by the end of school on Friday, June 6.

1. Billybob has a healthy body and a healthy mind. Describe what his life is like- what he looks like, how he acts with his family, with his friends, and even with his dog, Sirpeesalot.
2. Explain what you need to include in a current event citation and why that information is important when reading a news article about health.
3. Think of your favorite cartoon character.
 - When he/she has low self-esteem, what does he/she do?
 - Is this a healthy choice?
 - What could he/she do that is a healthier choice for his/her health?
4. Use an example to describe the difference between passive, aggressive, and assertive communication. 3 points extra if you can describe it without using the restaurant example like the one used in class.
5. Your friend, Rakuba, was not practicing good safety skills and he fell while trying to make a shot playing street ball. He made the shot, but he scraped his arm, leg, and knee on the street when he fell. He's bleeding, but nothing is broken. Your house is close by. What do you do?
6. A friend says that she wants advice on how to make a plan to eat healthier. Right now she's really good friends with the people at McDonald's and Wendy's since that's where she eats most of her meals, and she doesn't really know what vegetables or fruits are (please let her know that Froot Roll-Ups do not count as fruit). Using iCal or a blank calendar (or another method of your own), design a plan for her to gradually work in healthy eating habits over the next month or two using what you learned when you set your goal and worked towards achieving it.
7. What is a common stressful situation for middle school students? What are three realistic, healthy ways that you could actually use to lower your stress level (with regards to this particular situation)?
8. Choose one activity you completed in the Nutrition Project. Tell me the name of that activity and explain what you learned about nutrition from doing that activity.
9. Tell me what your topic was for The Last Health Project and explain what was the most important thing you learned from that project.
10. Was there anything that you thought I would ask on this final exam that I didn't? What was it? What's the answer? (you MUST include the answer)