

Name Mrs. Anzora Date _____ Health _____

Health Review Classroom Bingo

Directions: Ask your classmates to answer the questions in the boxes, then have THEM fill in the answers along with their NAME. Each classmate may answer up to TWO question on your paper. You may answer only ONE question on your own paper. You may cross out one question (your "free" space) and Mrs. Anzora will answer one question for you (only if you ask nicely). :) If any of the questions are answered incorrectly or are unsigned, your paper is no longer eligible for credit. The first person finished wins.

<p>1. How is the list of ingredients ordered? <i>from biggest to littlest</i></p>	<p>6. What is the difference between passive, aggressive, and assertive communication? <i>aggressive- rude, interruptive</i> <i>assertive- listen to other people, needs are met</i> <i>standing up for selves</i> <i>passive- ignored, needs not met</i></p>	<p>11. What does it mean to have good self-esteem? <i>feel good about yourself, feel confident in your own abilities</i></p>	<p>16. What does it mean to be "resilient?" <i>the ability to recover from or adjust/adapt to change, misfortune, pressure, or adversity</i></p>
<p>2. What does one cup of apple "look like" (how big is it)? <i>baseball, small adult fist, one small apple</i></p>	<p>7. What is CPR? <i>mouth-to-mouth, Cardio Pulmonary Resuscitation</i></p>	<p>12. What does it mean to have a "Type A" personality? <i>focused, determined, competitive, outgoing, aggressive</i></p>	<p>17. How do you improve your class participation grade in health class? <i>don't distract others, raise your hand, stay focused on your own work, contribute to the conversation, etc.</i></p>
<p>3. What is one reliable source for a health current event? <i>answers vary</i></p>	<p>8. What are two healthy stress management techniques? <i>answers vary</i></p>	<p>13. What are the four parts of the health current event citation (in order)? <i>author, title, date of publication, source</i></p>	<p>18. What are the seven parts of the food pyramid? <i>grains, vegetables, fruits, fats/oils, milk, meats/beans, physical activity</i></p>
<p>4. What is the difference between active and passive listening? <i>active listeners respond, passive listeners let you know that they are listening to you without verbally responding</i></p>	<p>9. How do you help someone who is choking? <i>Heimlich Maneuver (abdominal thrusts)</i></p>	<p>14. Why is the health current event citation important? <i>to know if you have a reliable source, to give credit to the author of the article</i></p>	<p>19. How much physical activity should the average middle school student get? <i>30-60 minutes, most days of the week</i></p>
<p>5. What should you do if you "mess up" on a goal that you've set for yourself? <i>change it so it's realistic</i></p>	<p>10. What are two characteristics of a healthy body? <i>answers vary</i></p>	<p>15. What are 3 things that you will find on a food label? <i>answers vary</i></p>	<p>20. What is the definition of health? <i>state of physical, mental, social well-being and not just the absence of disease or infirmity</i></p>