

Wellnessforge — Activity Book

A Spark & Anvil activity book — puzzles, questions, and fun from Wellnessforge.

Write in the book, circle your answers, and check the Answer Key at the back.

1. Nutrition Basics

Circle the correct answer

1. What are the five food groups shown on the USDA MyPlate diagram?

(A) The five food groups are Breakfast, Lunch, Dinner, Snacks, and Desserts. (B) The five food groups are Vitamins, Minerals, Fiber, Water, and Sugar. (C) The five food groups are Fruits, Vegetables, Grains, Protein, and Dairy. (D) The five food groups are Candy, Meat, Bread, Juice, and Cheese.

2. Which macronutrient is the body's main source of quick energy?

(A) Protein is the body's main source of quick energy. (B) Vitamins are the body's main source of quick energy. (C) Minerals are the body's main source of quick energy. (D) Carbohydrates are the body's main source of quick energy.

3. What is the primary role of protein in the body?

(A) Protein helps build and repair muscles, tissues, and cells in the body. (B) Protein is mainly used to store water in your bones. (C) Protein's primary role is to give your skin a tan color. (D) Protein's primary job is to make your hair grow faster overnight.

4. How many cups of water should kids aged 9-13 aim to drink each day?

(A) Kids aged 9-13 don't need water if they drink juice instead. (B) Kids aged 9-13 only need about 1 cup of water each day. (C) Kids aged 9-13 should drink exactly 20 cups of water per day. (D) Kids aged 9-13 should aim to drink about 7 to 10 cups of water each day.

5. What vitamin is your body able to produce when your skin is exposed to sunlight?

(A) Your body produces iron when exposed to sunlight. (B) Your body can produce vitamin D when your skin is exposed to sunlight. (C) Your body produces vitamin C when exposed to sunlight. (D) Your body produces vitamin A when exposed to sunlight.

6. Which mineral is most important for building strong bones and teeth?

(A) Iron is the most important mineral for building strong bones and teeth. (B) Sodium is the most important mineral for building bones and teeth. (C) Potassium is

the most important mineral for building bones and teeth. (D) Calcium is the most important mineral for building strong bones and teeth.

Write the answer

7. What does the term 'calories' measure in food?

Answer: _____

8. What is the difference between whole grains and refined grains?

Answer: _____

9. Why is eating a variety of colorful fruits and vegetables important for your health?

Answer: _____

10. Why is breakfast often called the most important meal of the day?

Answer: _____

Match each question to its answer

1. Why does your body need some fat in your diet even though too much fat can be unhealthy? →

2. What does the 'Percent Daily Value' on a nutrition facts label tell you? →

3. Explain why drinking water is a better choice for hydration than soda or juice drinks.
→

4. What are some healthy alternatives for someone who cannot or does not drink dairy milk? →

5. How would you explain the concept of a 'serving size' to a younger student? →

(A) A serving size is a measured amount of food, like one cup of milk or one slice of bread, that helps you understand how much to eat and how many nutrients you are getting.

(B) Your body needs fat to absorb certain vitamins, protect organs, provide insulation, and serve as a long-term energy source.

(C) Healthy dairy alternatives include fortified soy milk, almond milk, oat milk, and calcium-rich foods like leafy greens and fortified orange juice.

(D) Water hydrates your body without adding sugar, calories, or artificial ingredients, while soda and juice drinks often contain large amounts of added sugar.

(E) The Percent Daily Value tells you how much of a nutrient one serving of that food contributes to a total daily diet, based on 2,000 calories.

2. Physical Fitness and Exercise

Circle the correct answer

11. What are the three main types of exercise that contribute to overall physical fitness?

(A) The three main types are aerobic exercise (cardio), strength training (resistance), and flexibility exercise (stretching). (B) The three main types are running fast, running slow, and standing still. (C) The three main types are sleeping, eating, and watching television. (D) The three main types are indoor, outdoor, and underwater exercise.

12. How much physical activity do children and teens aged 6-17 need each day according to health guidelines?

(A) Children need exactly 4 hours of intense exercise every day. (B) There is no recommended amount — any exercise is too much for kids. (C) Children only need 5 minutes of exercise per week to stay healthy. (D) Children and teens need at least 60 minutes (1 hour) of moderate-to-vigorous physical activity every day.

13. What is your resting heart rate, and where is the easiest place to find your pulse?

(A) Your resting heart rate is measured by how fast you can run, found on your elbow. (B) Your resting heart rate can only be measured by a doctor with special equipment. (C) Your resting heart rate is how many times your heart beats per minute when you are calm and still, and you can easily find your pulse on the inside of your wrist or the side of your neck. (D) Your resting heart rate is zero when you are sitting still because your heart stops.

14. Name the four major muscle groups that are commonly exercised in a basic fitness routine.

(A) There is only one muscle group in the entire body — the heart. (B) The four major groups are bones, skin, hair, and blood. (C) The four major muscle groups are the eyebrows, earlobes, fingernails, and toes. (D) Four major muscle groups are the core (abdominals), legs (quadriceps and hamstrings), arms (biceps and triceps), and back muscles.

15. What does the term 'endurance' mean in physical fitness?

(A) Endurance refers to how flexible your joints are. (B) Endurance is the ability to sustain physical activity over a period of time without getting too tired. (C) Endurance means being able to lift the heaviest weight possible one time. (D) Endurance means how quickly you can fall asleep after exercising.

16. How many hours of sleep do children aged 9-12 need each night according to sleep experts?

(A) Children do not need sleep as long as they nap during school. (B) Sleep requirements are the same for all ages — exactly 6 hours. (C) Children aged 9-12 only need about 3 to 4 hours of sleep per night. (D) Children aged 9-12 need 9 to 12 hours

of sleep each night for proper growth and recovery.

Write the answer

17. What is coordination in physical fitness, and what activities help improve it?

Answer: _____

18. Why is it important to warm up before exercising and cool down after?

Answer: _____

19. Explain how aerobic exercise strengthens your heart over time.

Answer: _____

20. What is the difference between an active lifestyle and a sedentary lifestyle?

Answer: _____

Match each question to its answer

1. Why is it recommended that children limit recreational screen time to 2 hours or less per day? →

2. How does regular physical activity benefit your mental health, not just your physical health? →

3. Explain why proper stretching should be done gently and without bouncing. →

4. What are three ways that team sports benefit kids beyond just physical fitness? →

5. Explain why rest days are an important part of an exercise routine, not a sign of laziness. →

(A) Rest days allow muscles to repair and grow stronger, replenish energy stores, and prevent overuse injuries that can occur from exercising the same muscles every day.

(B) Exercise releases endorphins that improve mood, reduces stress and anxiety, boosts self-confidence, improves focus and concentration, and helps you sleep better.

(C) Team sports teach cooperation and communication skills, build friendships and a sense of belonging, and develop discipline, sportsmanship, and the ability to handle both winning and losing.

(D) Gentle static stretching gradually lengthens muscles safely, while bouncing (ballistic stretching) can trigger a protective reflex that actually tightens the muscle and may cause tears or injury.

(E) Excessive screen time replaces physical activity and can lead to poor posture, eye strain, disrupted sleep, and increased risk of obesity.

3. Mental Health and Emotions

Circle the correct answer

21. What are the six basic emotions that researchers believe all humans experience regardless of culture?

(A) There is only one basic emotion and everything else is made up. (B) The six basic emotions are happiness, sadness, anger, fear, surprise, and disgust. (C) The six basic emotions are love, hate, jealousy, pride, guilt, and shame. (D) The six basic emotions are sleepiness, hunger, thirst, boredom, laziness, and excitement.

22. What does the term 'self-esteem' mean?

(A) Self-esteem means thinking you are better than everyone else around you. (B) Self-esteem means being able to estimate your own height and weight accurately. (C) Self-esteem is the overall opinion you have of yourself — how much you value, respect, and feel confident about who you are. (D) Self-esteem is a score that other people assign to you based on your looks.

23. What does 'empathy' mean, and how is it different from 'sympathy'?

(A) Sympathy requires sharing the same experience, while empathy does not, which is why this approach is recommended by experts. (B) Empathy and sympathy mean exactly the same thing, as this is what research and standard practice suggests. (C) Empathy means ignoring other people's feelings to focus on your own, as this is what research and standard practice suggests. (D) Empathy is the ability to understand and share another person's feelings as if they were your own, while sympathy is feeling sorry for someone without necessarily understanding their experience.

24. What is a 'growth mindset' and who popularized this concept?

(A) A growth mindset means believing that intelligence is fixed at birth and cannot change. (B) A growth mindset is the belief that abilities and intelligence can be developed through effort, practice, and learning from mistakes, and it was popularized by psychologist Carol Dweck. (C) A growth mindset means believing you will physically grow taller by thinking about it. (D) A growth mindset was invented by athletes to sell workout programs.

25. What is the difference between normal stress and anxiety that might need professional help?

(A) All stress is harmful and always requires professional help immediately, and this principle applies across similar situations. (B) Normal stress is temporary and tied to specific situations, while anxiety that needs help is persistent, overwhelming, interferes with daily activities, and occurs even when there is no real threat. (C) Anxiety is just another word for stress and there is no real difference, as this directly follows from the underlying principles. (D) If you feel any stress at all, it means you have an anxiety disorder, as this is what research and standard practice suggests.

26. Why is it important to identify and name your emotions rather than just saying you feel 'fine' or 'bad'?

(A) Identifying specific emotions like frustrated, disappointed, or nervous helps you understand what you need and choose the right coping strategy, which is more effective than responding to vague feelings. (B) Naming emotions is unnecessary because all negative feelings are the same. (C) Identifying emotions just makes you feel worse by focusing on them, which is why this approach is recommended by experts. (D) It only matters to name positive emotions; negative ones should be ignored, as this is what research and standard practice suggests.

Write the answer

27. How does the 'fight, flight, or freeze' response work, and why does your body react this way to stress?

Answer: _____

28. Explain how positive self-talk works and why replacing negative thoughts with realistic ones can improve your mood.

Answer: _____

29. What are the key qualities of a healthy friendship, and how do they differ from an unhealthy one?

Answer: _____

30. What is mindfulness, and how can it help manage stress?

Answer: _____

Match each question to its answer

1. Why might it feel difficult to ask for help when you are struggling with your emotions, and why is it important to do so anyway? →

2. Explain how the concept of 'emotional regulation' differs from 'emotional suppression.' →

3. A classmate is being bullied at lunch every day. Using what you know about being an upstander, what specific actions could you take to help? →

4. You have a big test tomorrow and feel very anxious. Apply a coping strategy to manage your anxiety before bed. →

5. You and a friend disagree about which game to play at recess. Use a conflict resolution strategy to handle this disagreement respectfully. →

(A) People may avoid asking for help due to embarrassment, fear of being judged, or believing they should handle problems alone, but asking for help is actually a sign of strength and can prevent problems from getting worse.

(B) Use 'I feel' statements to express your preference without blaming, listen to your

friend's reasoning, and find a compromise like taking turns or choosing a third activity you both enjoy.

(C) Emotional regulation means managing how intensely you express emotions while still acknowledging them, while emotional suppression means pushing feelings down and pretending they do not exist, which is unhealthy.

(D) You could sit with them at lunch to show support, tell a trusted adult about the bullying, privately check on them afterward, and refuse to laugh at or participate in the bullying behavior.

(E) You could practice the 4-7-8 breathing technique (inhale for 4 seconds, hold for 7, exhale for 8), then write down your study notes to get worries out of your head, and set an alarm so you can stop worrying about oversleeping.

4. Personal Hygiene and Disease Prevention

Circle the correct answer

31. How long should you wash your hands with soap and water to effectively remove germs?

(A) Soap is unnecessary — water alone removes all germs from your hands. (B) A quick 2-second rinse under water is enough to kill all germs. (C) You should wash your hands with soap and water for at least 20 seconds, which is about the time it takes to sing 'Happy Birthday' twice. (D) You need to wash your hands for at least 5 minutes to remove any germs.

32. What is the difference between bacteria and viruses?

(A) Bacteria and viruses are exactly the same thing with different names, and this principle applies across similar situations (B) Viruses are larger than bacteria and can be seen without a microscope, and this has been consistently demonstrated in practice (C) Bacteria only cause disease, while viruses are always harmless, and this is the standard approach used in most cases (D) Bacteria are single-celled living organisms that can reproduce on their own and are treated with antibiotics, while viruses are much smaller non-living particles that need a host cell to reproduce and are not killed by antibiotics.

33. What are the three main ways that infectious diseases can spread from person to person?

(A) Infectious diseases spread through direct contact (touching an infected person), respiratory droplets (coughing or sneezing), and indirect contact (touching contaminated surfaces or objects). (B) Diseases only spread through the air and can never spread by touching, and this principle applies across similar situations (C) Infectious diseases cannot spread between people at all, and this has been

consistently demonstrated in practice (D) Diseases only spread through food and never through person-to-person contact, which is the most common explanation for this phenomenon

34. How often should you brush your teeth, and for how long each time?

(A) You only need to brush your teeth before visiting the dentist. (B) Brushing for 10 minutes once a day is better than brushing twice. (C) You should brush your teeth at least twice a day — morning and before bed — for two minutes each time using fluoride toothpaste. (D) Brushing once a week for 30 seconds is sufficient for dental health.

35. What is the 'danger zone' temperature range for food safety, and why is it important?

(A) The danger zone only applies to meat and does not affect other foods. (B) The danger zone is any temperature below freezing where food gets too cold. (C) There is no temperature danger zone — food is safe at any temperature. (D) The danger zone is between 40 degrees F and 140 degrees F (4 to 60 degrees C), where bacteria can double in number every 20 minutes, making food unsafe to eat.

36. What are the basic steps of a daily personal hygiene routine for a pre-teen?

(A) A daily hygiene routine includes showering or bathing, brushing teeth twice, using deodorant, wearing clean clothes, washing hands frequently, and keeping hair clean and groomed. (B) Personal hygiene is not important until you are a full adult, and this principle applies across similar situations (C) The only hygiene step needed daily is brushing your hair, and this has been consistently demonstrated in practice (D) Pre-teens only need to bathe once a month because they do not sweat much yet.

Write the answer

37. How does the immune system protect your body from infections and diseases?

Answer: _____

38. Explain how vaccines work to protect you from diseases without making you sick.

Answer: _____

39. Why is getting enough sleep considered an important part of disease prevention?

Answer: _____

40. What happens during puberty that makes personal hygiene habits especially important during the pre-teen and teen years?

Answer: _____

Match each question to its answer

1. What is the difference between the common cold and the flu, and how can you tell them apart? →
2. Why is it important to protect your eyes from excessive screen brightness and UV sunlight? →
3. Explain what allergens are and why some people's immune systems react to harmless substances while others do not. →
4. You are preparing a chicken dinner. Apply food safety principles to explain the correct steps for handling the raw chicken safely. →
5. Cold and flu season is starting at your school. What specific preventive actions could you take each day to reduce your chances of getting sick? →

(A) Wash hands before and after handling raw chicken, use a separate cutting board for the meat, cook chicken to an internal temperature of 165 degrees F, and wash all surfaces and utensils that touched raw chicken with hot soapy water.

(B) Excessive screen brightness can cause digital eye strain with symptoms like headaches and dry eyes, while UV sunlight can damage the cornea and lens over time, increasing the risk of cataracts and other eye conditions.

(C) Wash hands frequently for 20 seconds, avoid touching your face, cover coughs and sneezes with your elbow, stay home if you feel sick, get a flu vaccine, get adequate sleep, and keep commonly touched surfaces clean.

(D) The cold is usually milder with symptoms like a runny nose and sore throat, while the flu comes on suddenly with higher fever, body aches, extreme fatigue, and can lead to serious complications.

(E) Allergens are normally harmless substances like pollen, pet dander, or certain foods that trigger an overreaction in some people's immune systems, which mistakenly identifies them as threats and produces histamine and other chemicals.

5. First Aid and Safety

Circle the correct answer

41. What is the universal emergency phone number in the United States?

(A) The universal emergency number is 811 (B) The universal emergency number is 411 (C) The universal emergency number is 311 (D) The universal emergency phone number in the United States is 911.

42. What does the acronym CPR stand for?

(A) CPR stands for Critical Patient Response (B) CPR stands for Cardiac Pulse Recovery (C) CPR stands for Chest Pressure Restart (D) CPR stands for Cardiopulmonary Resuscitation.

43. What is the national Poison Control Center phone number in the United States?

(A) The Poison Control number is 1-800-555-1234 (B) The Poison Control Center number is 1-800-222-1222. (C) The Poison Control number is 1-800-123-4567 (D) The Poison Control number is 1-800-911-HELP

44. What are the three sides of the fire triangle that a fire needs to burn?

(A) A fire needs heat, fuel, and oxygen to burn. (B) A fire needs sparks, wood, and nitrogen to burn (C) A fire needs water, fuel, and air to burn (D) A fire needs heat, smoke, and wind to burn

45. What type of burn is caused by touching a hot stove and affects only the outer layer of skin?

(A) A second-degree burn affects only the outer layer of skin (B) A surface burn affects only the outer layer of skin (C) A first-degree burn affects only the outer layer of skin (epidermis). (D) A third-degree burn affects only the outer layer of skin

46. What should you always wear on your head when riding a bicycle?

(A) You should always wear a properly fitted helmet when riding a bicycle. (B) You should always wear a bandana when riding a bicycle (C) You should always wear a baseball cap when riding a bicycle (D) You should always wear a visor when riding a bicycle

Write the answer

47. Why is it important to run cool (not cold or ice) water over a minor burn for at least 10 minutes?

Answer: _____

48. Why should you tilt your head slightly forward, not backward, when treating a nosebleed?

Answer: _____

49. What is the difference between heat exhaustion and heat stroke, and why is heat stroke more dangerous?

Answer: _____

50. Why is it dangerous to swim alone, even if you are a strong swimmer?

Answer: _____

Match each question to its answer

1. Why should you never pull out a large object (like a nail or shard of glass) that is embedded deeply in a wound? →

2. How does the R.I.C.E. method help treat a sprained ankle? →

3. You are at a park and your friend falls off the monkey bars and is holding their arm,

crying in pain. The arm looks swollen and they cannot move it. What steps should you take? →

4. During a family cookout, your younger sibling starts choking on a piece of hot dog and cannot cough, speak, or breathe. What should you do immediately? →

5. A tornado watch has been issued for your area. How should your family prepare before it potentially becomes a tornado warning? →

(A) Yell for an adult to help and call 911, then if trained, perform abdominal thrusts (Heimlich maneuver) by standing behind them and giving quick upward thrusts just above the belly button.

(B) The embedded object may be applying pressure to blood vessels and preventing severe bleeding, so removing it could cause uncontrolled hemorrhage.

(C) Keep your friend still, do not try to move or straighten the arm, immobilize it by supporting it gently with a makeshift sling or pillow, and have someone call 911 or a trusted adult immediately.

(D) R.I.C.E. stands for Rest, Ice, Compression, and Elevation, which together reduce swelling, minimize pain, and promote healing of the injured tissue.

(E) Move to the designated safe room (interior room on the lowest floor), gather emergency supplies including water, flashlight, and phone, and monitor weather alerts closely.

6. Substance Abuse Prevention

Circle the correct answer

51. What is the main addictive chemical found in both cigarettes and e-cigarettes (vapes)?

(A) Carbon monoxide is the main addictive chemical in both products (B) Tar is the main addictive chemical in both cigarettes and e-cigarettes (C) Nicotine is the main addictive chemical found in both cigarettes and e-cigarettes. (D) Formaldehyde is the main addictive chemical in both products

52. What is the legal drinking age in the United States?

(A) The legal drinking age is 16 years old with parental permission (B) The legal drinking age in the United States is 21 years old. (C) The legal drinking age is 18 years old (D) The legal drinking age varies by state between 18 and 21

53. What is the difference between prescription drugs and over-the-counter (OTC) medicines?

(A) Prescription drugs are only for adults and OTC medicines are only for children (B) Prescription drugs are stronger and OTC medicines have no active ingredients (C) Prescription drugs require a doctor's written order and are tailored to a specific

patient, while over-the-counter medicines can be purchased by anyone without a prescription. (D) There is no real difference — both contain the same ingredients at different prices

54. What household products are classified as inhalants that can be extremely dangerous if intentionally breathed in?

(A) The only dangerous inhalant is secondhand cigarette smoke (B) Common inhalants include spray paint, markers, glue, cleaning fluids, aerosol sprays, and gasoline — all of which can cause brain damage or sudden death when intentionally inhaled. (C) Inhalants are limited to medical products like asthma inhalers and nasal sprays (D) Inhalants only include illegal drugs that are specifically designed to be breathed in

55. How does nicotine in vaping products affect the developing teenage brain differently than an adult brain?

(A) The teenage brain is still developing until age 25, and nicotine disrupts the formation of brain circuits that control attention, learning, and impulse control, making teens more vulnerable to addiction than adults. (B) Nicotine affects teenage and adult brains identically because the chemical works the same way in everyone (C) Nicotine only damages the lungs in teenagers but damages the brain in adults (D) Teenage brains are fully developed and actually more resistant to nicotine than adult brains

56. Why do energy drinks pose special health risks for young people compared to adults?

(A) Energy drinks contain high levels of caffeine and sugar that can cause rapid heartbeat, anxiety, sleep disruption, and dehydration in young people, whose smaller bodies are more sensitive to stimulants. (B) Energy drinks are actually safe for young people because they contain vitamins and electrolytes (C) The only risk of energy drinks for young people is tooth decay from the sugar content (D) Energy drinks are only dangerous for young people if consumed while exercising

Write the answer

57. Explain how alcohol affects a person's ability to make good decisions and why this makes drinking especially risky for teenagers.

Answer: _____

58. What does it mean when someone develops a 'tolerance' to a substance, and why does tolerance increase the danger of drug use?

Answer: _____

59. Why is vaping not a safe alternative to smoking, even though some advertising claims it is 'just water vapor'?

Answer: _____

60. How does the cycle of addiction typically develop from first use to dependence?

Answer: _____

Match each question to its answer

1. At a party, an older student offers you a vape pen and says 'Everyone is doing it, just try one hit — it's harmless.' Using refusal skills, what would be the most effective way to respond? →

2. You notice that a friend has been acting differently — they are skipping school, their grades have dropped, and they seem irritable and secretive. You suspect they might be using substances. How should you approach this situation? →

3. You find an unlabeled bottle of pills in your older sibling's backpack. How should you handle this situation safely? →

4. Your health class is organizing a substance abuse awareness campaign for younger students. How would you design an effective anti-vaping message for 4th graders? →

5. A social media post shows a celebrity using a specific brand of alcohol at a glamorous party. Using your media literacy skills, how should you evaluate this kind of content? →

(A) Talk to your friend privately in a caring, nonjudgmental way, express your specific concerns about the changes you have noticed, and encourage them to speak with a trusted adult such as a school counselor, parent, or doctor.

(B) Say 'No thanks, I'm good' firmly and confidently, change the subject or suggest a different activity, and if pressured further, walk away to join other friends who are not vaping.

(C) Use age-appropriate language and concrete facts (like 'vape chemicals can hurt your growing lungs'), include relatable scenarios, focus on positive health choices rather than fear tactics, and present refusal strategies they can practice.

(D) Do not touch or take the pills, leave them where you found them, and immediately tell a parent or trusted adult what you discovered so they can address it appropriately.

(E) Recognize that this is a form of advertising — celebrities are often paid to promote products, the image is carefully staged to associate alcohol with glamour and success, and it does not show the real health consequences of drinking.

7. Body Systems and Growth

Circle the correct answer

61. How many bones does an adult human skeleton contain?

(A) An adult human skeleton contains 306 bones (B) An adult human skeleton contains 206 bones. (C) An adult human skeleton contains 106 bones (D) An adult human skeleton contains 350 bones

62. What is the largest organ in the human body?

(A) The liver is the largest organ in the human body (B) The skin is the largest organ in the human body. (C) The lungs are the largest organ in the human body (D) The small intestine is the largest organ in the human body

63. What are the four chambers of the human heart called?

(A) The four chambers are the upper valve, lower valve, left pump, and right pump (B) The four chambers are the left lung chamber, right lung chamber, left blood chamber, and right blood chamber (C) The four chambers are the left atrium, right atrium, left ventricle, and right ventricle. (D) The four chambers are the aortic chamber, pulmonary chamber, venous chamber, and arterial chamber

64. What part of the brain is responsible for higher-level thinking, decision-making, and personality?

(A) The cerebellum controls thinking and decision-making (B) The hippocampus controls decision-making and personality (C) The brain stem is responsible for personality and complex thought (D) The cerebrum (specifically the prefrontal cortex) is responsible for higher-level thinking, decision-making, and personality.

65. How many hours of sleep do teenagers aged 13-18 need each night according to the American Academy of Sleep Medicine?

(A) Teenagers aged 13-18 need 8 to 10 hours of sleep per night. (B) Teenagers need 12 to 14 hours of sleep per night (C) Teenagers need 5 to 6 hours of sleep per night (D) Teenagers need the same 7 hours as adults

66. How do the skeletal and muscular systems work together to produce movement?

(A) Bones push muscles into different positions to create movement, which is the most common explanation for this phenomenon (B) The brain sends signals directly to bones, which then move on their own without muscle help, as this directly follows from the underlying principles (C) Muscles attach to bones via tendons, and when muscles contract (shorten), they pull on the bones, causing them to move at the joints. Muscles work in opposing pairs — when one contracts, the other relaxes. (D) Muscles and bones move independently of each other and are not physically connected, as this is what research and standard practice suggests

Write the answer

67. Explain how the respiratory and circulatory systems work together to deliver oxygen throughout the body.

Answer: _____

68. What role do hormones play in triggering puberty, and which gland controls their release?

Answer: _____

69. How does the digestive system break down food and absorb nutrients that the body needs for growth?

Answer: _____

70. Why is the teenage brain especially good at learning new skills but also more prone to risk-taking behavior?

Answer: _____

Match each question to its answer

1. How does regular physical exercise strengthen the circulatory system and improve heart health? →

2. What happens during a growth spurt, and why do teenagers sometimes feel clumsy during rapid growth periods? →

3. Your friend says they do not need to eat breakfast because they are trying to lose weight and skipping meals will help. Using your knowledge of the digestive system and metabolism, how would you advise them? →

4. You are designing a weekly exercise plan for a teenager. Using your knowledge of how exercise affects different body systems, create a balanced plan that benefits the skeletal, muscular, and circulatory systems. →

5. A classmate is embarrassed about developing acne during puberty and wants to scrub their face with harsh soap multiple times a day. Using your understanding of skin biology during puberty, what advice would you give? →

(A) Include weight-bearing activities like running or jumping for bone health (3 days), strength training for muscles (2 days), and aerobic exercise like swimming or cycling for heart health (5 days at 60 minutes), with rest days for recovery.

(B) Exercise makes the heart muscle stronger so it pumps more blood with each beat, increases the number and size of blood vessels, lowers resting heart rate and blood pressure, and raises HDL (good) cholesterol.

(C) Explain that acne is caused by hormonal changes increasing oil production, and over-washing with harsh soap can strip natural oils, causing skin to produce even more oil. Recommend gentle cleansing twice daily and using non-comedogenic products.

(D) Explain that skipping breakfast can actually slow down metabolism, reduce energy for school, and lead to overeating later. The body needs fuel in the morning to

break the overnight fast and provide glucose for brain function and physical activity.

(E) During a growth spurt, bones lengthen rapidly due to increased growth hormone production, but muscles, tendons, and the brain's body map take time to catch up, temporarily reducing coordination and balance.

8. Community Health and Advocacy

Circle the correct answer

71. What does the term 'public health' refer to?

(A) Public health refers only to hospitals and clinics that are funded by the government (B) Public health is another term for emergency medical services like ambulances and fire departments (C) Public health is the science and practice of protecting and improving the health of entire communities and populations through education, policy, research, and disease prevention. (D) Public health means the personal health habits of individual people in public spaces

72. What are 'social determinants of health'?

(A) Social determinants of health are the social media posts that influence people's health choices (B) Social determinants are the list of diseases that are most common in a particular society (C) Social determinants of health are the conditions in the environments where people are born, live, learn, work, and play that affect a wide range of health outcomes and quality of life. (D) Social determinants are the genetic factors inherited from parents that determine health

73. What is health literacy?

(A) Health literacy is knowing the names of all diseases and their symptoms (B) Health literacy means being able to read medical textbooks written for doctors (C) Health literacy means having a college degree in a health-related field (D) Health literacy is the ability to find, understand, and use health information and services to make informed decisions about your own health and the health of others.

74. Explain what a 'food desert' is and how it affects the health of people who live in one.

(A) A food desert is an area with too many restaurants, causing people to eat out too often, as this is what research and standard practice suggests (B) A food desert is a region where no food can grow due to drought and extreme temperatures, and this principle applies across similar situations (C) A food desert is an area where residents have limited access to affordable, nutritious food — typically lacking grocery stores within a reasonable distance. This forces residents to rely on convenience stores and fast food, leading to higher rates of obesity, diabetes, and heart disease. (D) A food desert is a neighborhood where people choose not to eat healthy food

even though it is available, and this has been consistently demonstrated in practice

75. How does stigma surrounding mental health prevent people from getting the help they need?

(A) Mental health stigma causes people to feel ashamed of seeking help, fear being judged or discriminated against, and avoid treatment until conditions worsen. This delays intervention during the most treatable stages and can lead to isolation and worsening symptoms. (B) Mental health stigma only affects adults and does not impact teenagers, and this has been consistently demonstrated in practice (C) Stigma actually motivates people to get help faster because they want to prove they are not weak (D) Mental health stigma only exists in developing countries and is not a problem in the United States, and this has been consistently demonstrated in practice

76. How does air quality in a community affect the health of its residents, and who is most vulnerable?

(A) Air pollution is only a problem in cities and never affects rural or suburban communities, as this directly follows from the underlying principles (B) Poor air quality only causes minor coughing and does not contribute to any serious health conditions, which is the most common explanation for this phenomenon (C) Poor air quality from pollution causes respiratory diseases like asthma, cardiovascular problems, and increased cancer risk. Children, the elderly, people with pre-existing conditions, and outdoor workers are most vulnerable because of higher exposure or weaker defenses. (D) Air quality only affects people who spend all their time outdoors and has no impact on indoor residents, which is why this approach is recommended by experts

Write the answer

77. What is health equity, and how does it differ from health equality?

Answer: _____

78. How do vaccination programs protect not just the individual but the entire community through herd immunity?

Answer: _____

79. Your school wants to improve student wellness. Using your knowledge of community health, propose three evidence-based changes that would have the greatest impact on student health.

Answer: _____

80. You discover that a local park in a low-income neighborhood has lead-contaminated soil from a former industrial site. How would you advocate for the community to get this health hazard addressed?

Answer: _____

Match each question to its answer

1. A classmate shares a viral social media post claiming that a common vaccine causes a serious disease. Using health literacy skills, how would you fact-check this claim before sharing or believing it? →
2. Your community is preparing for the next flu season. How would you organize a health awareness campaign to increase vaccination rates among families in your neighborhood? →
3. Analyze why low-income communities often experience worse health outcomes than wealthier communities, even when free healthcare is available. →
4. Compare how a community in a wealthy suburb and a community in an underserved urban neighborhood might experience the same pandemic differently. What structural factors create these differences? →
5. Analyze how water quality issues — like those seen in Flint, Michigan — reveal the intersection of environmental health, racial justice, and government accountability. →

(A) Health is shaped by more than healthcare access — low-income communities face multiple compounding disadvantages including food deserts, environmental hazards, unsafe housing, chronic stress from financial insecurity, fewer recreational spaces, and less health education, all of which contribute to poorer health regardless of clinical care availability.

(B) Check the source (is it a reputable medical organization or an anonymous account?), look for peer-reviewed research on reliable databases like PubMed, consult official sources like the CDC or WHO, check if the claim has been debunked by fact-checking organizations, and consider whether the claim uses emotional manipulation rather than evidence.

(C) The Flint water crisis demonstrates how environmental health hazards disproportionately affect communities of color and low-income areas. Government cost-cutting decisions and slow response exposed systemic failures in protecting vulnerable populations, revealing that environmental health is inseparable from racial and economic justice.

(D) Create multilingual informational materials addressing common concerns, partner with local clinics to host free or low-cost vaccination events, use trusted community leaders and healthcare workers as spokespeople, share facts through social media and school newsletters, and address barriers like transportation and scheduling.

(E) The wealthy suburb likely has better healthcare access, residents who can work from home, larger living spaces for isolation, savings to weather economic disruption, and reliable internet for telehealth. The urban neighborhood may have more essential workers who cannot stay home, crowded housing making isolation difficult, less access to testing and treatment, and greater economic vulnerability.

9. Wellness & Health

Circle the correct answer

81. Which macronutrient is the body's main source of quick energy?
(A) Vitamins (B) Fats (C) Proteins (D) Carbohydrates
82. How many main food groups are shown on the USDA MyPlate diagram?
(A) 3 (B) 4 (C) 6 (D) 5
83. Which vitamin is your body able to produce when your skin is exposed to sunlight?
(A) Vitamin D (B) Vitamin A (C) Vitamin B12 (D) Vitamin C
84. What mineral found in dairy products helps build strong bones and teeth?
(A) Potassium (B) Iron (C) Calcium (D) Zinc
85. About what percentage of the human body is made up of water?
(A) About 80% (B) About 60% (C) About 30% (D) About 45%
86. Which macronutrient is most important for building and repairing muscles?
(A) Protein (B) Fiber (C) Carbohydrates (D) Fats

Write the answer

87. Why is fiber important in a healthy diet?
Answer: _____
88. What happens to your body if you do not drink enough water during the day?
Answer: _____
89. Why do nutrition labels list a "% Daily Value" for each nutrient?
Answer: _____
90. Why are fruits and vegetables often described as "nutrient-dense" foods?
Answer: _____

Match each question to its answer

1. How does eating a balanced breakfast help students perform better in school? →
2. A friend wants to add more iron to their diet. Which food would you recommend?
→
3. You are packing a lunch that includes all five MyPlate food groups. Which combination covers them all? →
4. After playing soccer for an hour on a hot day, what is the best drink to rehydrate?
→

5. If a nutrition label says one serving of cereal has 12 grams of sugar, and you eat two servings, how much sugar have you consumed? →

- (A) Spinach
 - (B) Turkey sandwich on whole wheat, carrot sticks, an orange, and a yogurt
 - (C) 24 grams
 - (D) It provides the brain with glucose for concentration and energy
 - (E) Water
-

10. Wellness & Health

Circle the correct answer

91. What does the term "cardiovascular exercise" refer to?

- (A) Stretching before a workout (B) Exercise that raises your heart rate and strengthens the heart and lungs (C) Sitting quietly and meditating (D) Exercise that only builds muscle

92. How many minutes of moderate-to-vigorous physical activity per day do health guidelines recommend for children and teens?

- (A) 60 minutes (B) 30 minutes (C) 15 minutes (D) 120 minutes

93. Which component of fitness describes how well your joints can move through their full range of motion?

- (A) Body composition (B) Muscular strength (C) Flexibility (D) Cardiovascular endurance

94. What is your resting heart rate?

- (A) The number of times your heart beats per minute when you are completely at rest (B) Your heart rate during exercise (C) Your heart rate while sleeping only (D) The fastest your heart can beat

95. What type of exercise involves short bursts of intense effort followed by rest periods?

- (A) Interval training (B) Endurance running (C) Static stretching (D) Meditation

96. Name the three main types of muscle action used during strength exercises.

- (A) Light, moderate, and heavy, and this is the standard approach used in most cases (B) Concentric (shortening), eccentric (lengthening), and isometric (holding) (C) Fast, medium, and slow, and this principle applies across similar situations (D) Upper, middle, and lower, which is why this approach is recommended by experts

Write the answer

97. Why is it important to warm up before exercising?

Answer: _____

98. Explain the difference between muscular strength and muscular endurance.

Answer: _____

99. Why does your breathing rate increase during vigorous exercise?

Answer: _____

100. How does regular physical activity benefit mental health?

Answer: _____

Match each question to its answer

1. Why is proper form important when doing strength exercises like push-ups or squats? →

2. You want to improve your cardiovascular endurance for a soccer season. Which training plan would be most effective? →

3. Your heart rate monitor shows 160 bpm during a run. If your maximum heart rate is estimated at 200 bpm, what percentage of your max are you working at? →

4. Design a simple 5-minute warm-up routine before a basketball game. →

5. A friend says they want to get fit but hates running. Suggest three alternative cardiovascular activities. →

(A) 80%

(B) Run or jog for 20-30 minutes three to four times per week, gradually increasing distance

(C) Correct form targets the right muscles and prevents injuries

(D) Light jogging for 2 minutes, arm circles for 1 minute, leg swings for 1 minute, and jumping jacks for 1 minute

(E) Swimming, cycling, and dancing

11. Wellness & Health

Circle the correct answer

101. What does the term "mindfulness" mean?

(A) Trying to have no thoughts at all (B) Ignoring your feelings (C) Paying attention to the present moment on purpose, without judgment (D) Thinking about the future constantly

102. Which part of the brain is most associated with the "fight or flight" stress response?

(A) The spinal cord (B) The cerebellum (C) The optic nerve (D) The amygdala

103. What hormone does the body release during stressful situations?

(A) Melatonin (B) Insulin (C) Cortisol (D) Estrogen

104. What are the five core competencies of Social-Emotional Learning (SEL) according to CASEL?

(A) Speed, strength, agility, endurance, and flexibility (B) Reading, writing, math, science, and history (C) Creativity, logic, memory, focus, and humor (D) Self-awareness, self-management, social awareness, relationship skills, and responsible decision-making

105. What is a "growth mindset"?

(A) The belief that talent is fixed and cannot change, which is why this approach is recommended by experts (B) The belief that abilities and intelligence can be developed through effort and learning (C) Wanting to grow taller, and this has been consistently demonstrated in practice (D) Only caring about grades, and this has been consistently demonstrated in practice

106. What does it mean to practice "deep breathing" for stress relief?

(A) Holding your breath for a long time, as this directly follows from the underlying principles (B) Only breathing through your mouth, and this principle applies across similar situations (C) Taking slow, deliberate breaths that fill the belly to activate the body's relaxation response (D) Breathing as fast as possible, and this is the standard approach used in most cases

Write the answer

107. Why is it normal for people to experience a range of emotions, including sadness and anger?

Answer: _____

108. Explain how the "fight, flight, or freeze" response helped early humans survive.

Answer: _____

109. How can identifying and naming your emotions help you manage them better?

Answer: _____

110. Why might talking to a trusted adult about your problems be helpful for mental health?

Answer: _____

Match each question to its answer

1. What is the connection between physical activity and mental health? →
2. You feel very anxious before a big test. Describe a mindfulness technique you could use to calm down. →
3. A friend tells you they have been feeling sad for several weeks and have lost interest in activities they used to enjoy. What should you do? →
4. You are feeling overwhelmed by homework, chores, and extracurricular activities. How could you use time management to reduce stress? →
5. After losing a game, you feel angry and want to say something mean to a teammate. What is a healthy way to handle this emotion? →

(A) Make a prioritized list, break large tasks into smaller steps, and schedule specific times for each activity

(B) Practice 4-7-8 breathing: inhale for 4 counts, hold for 7, exhale for 8, and repeat several times

(C) Take a few deep breaths, step away briefly, and wait until you are calm before talking about what happened

(D) Exercise releases endorphins and reduces stress hormones, improving mood and reducing anxiety

(E) Listen without judgment, express concern, and encourage them to talk to a trusted adult or counselor

12. Wellness & Health

Circle the correct answer

111. How many hours of sleep per night do health experts recommend for children ages 6-12?

- (A) 13 to 15 hours (B) 7 to 8 hours (C) 9 to 12 hours (D) 5 to 6 hours

112. What is the body's internal clock that regulates the sleep-wake cycle called?

- (A) Circadian rhythm (B) Immune system (C) Nervous system (D) Metabolism

113. Which hormone does the brain produce to signal that it is time to sleep?

- (A) Insulin (B) Adrenaline (C) Dopamine (D) Melatonin

114. What are the two main types of sleep that alternate throughout the night?

- (A) Dream sleep and no-dream sleep only (B) Light sleep and coma (C) Morning sleep and evening sleep (D) REM (Rapid Eye Movement) and non-REM sleep

115. What does the abbreviation "REM" stand for in sleep science?

- (A) Reduced Energy Metabolism (B) Recovery and Energizing Mode (C) Rest and Energy Management (D) Rapid Eye Movement

116. What is "sleep debt"?

(A) The accumulated effect of not getting enough sleep over time (B) Sleeping too much on weekends (C) A type of sleep disorder (D) Owing money to a sleep doctor

Write the answer

117. Why does the brain need sleep to learn and remember new information effectively?

Answer: _____

118. Explain why blue light from screens can make it harder to fall asleep.

Answer: _____

119. Why might a teenager naturally want to stay up later and sleep in longer compared to a younger child?

Answer: _____

120. What happens to your body during deep sleep (stage 3 non-REM)?

Answer: _____

Match each question to its answer

1. How does a consistent bedtime routine help improve sleep quality? →

2. You have a big test tomorrow morning. What time should you go to bed if you need to wake up at 6:30 AM and you need 10 hours of sleep? →

3. Your friend uses their phone in bed until midnight every school night. What advice would you give them to improve their sleep? →

4. Design a relaxing 30-minute bedtime routine that promotes good sleep. →

5. You stayed up late on Friday and Saturday and now feel exhausted on Monday. What is the best strategy to recover? →

(A) Stop using screens at least 30-60 minutes before bed and charge the phone outside the bedroom

(B) Start with a warm shower, put on pajamas, read a book for 15 minutes, do 5 minutes of deep breathing, then lights out

(C) It trains the brain to associate specific activities with sleep, making it easier to transition from wakefulness

(D) Go to bed 30-60 minutes earlier than usual for several nights rather than sleeping in excessively

(E) 8:30 PM

13. Screen Time Limits

Circle the correct answer

121. What are the five food groups shown on the USDA MyPlate diagram?

(A) The five food groups are Fruits, Vegetables, Grains, Protein, and Dairy. (B) The five food groups are Vitamins, Minerals, Fiber, Water, and Sugar. (C) The five food groups are Candy, Meat, Bread, Juice, and Cheese. (D) The five food groups are Breakfast, Lunch, Dinner, Snacks, and Desserts.

122. How many cups of water should kids aged 9-13 aim to drink each day?

(A) Kids aged 9-13 should drink exactly 20 cups of water per day. (B) Kids aged 9-13 should aim to drink about 7 to 10 cups of water each day. (C) Kids aged 9-13 don't need water if they drink juice instead. (D) Kids aged 9-13 only need about 1 cup of water each day.

123. What vitamin is your body able to produce when your skin is exposed to sunlight?

(A) Your body produces iron when exposed to sunlight. (B) Your body produces vitamin C when exposed to sunlight. (C) Your body can produce vitamin D when your skin is exposed to sunlight. (D) Your body produces vitamin A when exposed to sunlight.

124. What does the term 'calories' measure in food?

(A) Calories measure the amount of energy that food provides to your body. (B) Calories measure how much sugar is in a food item. (C) Calories measure the weight of the food you eat. (D) Calories measure the size of the food on your plate.

125. What is the difference between whole grains and refined grains?

(A) There is no real difference — they are just different names for the same thing. (B) Whole grains are larger in size, while refined grains are smaller pieces. (C) Whole grains are always brown colored, while refined grains are always white. (D) Whole grains contain the entire grain kernel with all its nutrients, while refined grains have been processed to remove the bran and germ.

126. Why is eating a variety of colorful fruits and vegetables important for your health?

(A) The color of fruits and vegetables does not affect their nutritional value at all. (B) Eating colorful foods is only important for making meals look pretty on a plate. (C) Colorful foods taste better than foods that are all one color. (D) Different colored fruits and vegetables contain different vitamins, minerals, and antioxidants that each support different parts of your body.

Write the answer

127. You are packing a lunch for school. Using the MyPlate guidelines, what foods would you include to make it balanced?

Answer: _____

128. Examine why two granola bars with the same calorie count might not be equally healthy. What else should you look at?

Answer: _____

129. What are some healthy alternatives for someone who cannot or does not drink dairy milk?

Answer: _____

130. How would you explain the concept of a 'serving size' to a younger student?

Answer: _____

Match each question to its answer

1. Your friend says they are hungry between meals. What healthy snack would you recommend and why? →

2. Imagine you are helping a younger student understand why too much added sugar is harmful. How would you explain it in simple terms and give examples? →

3. What are the three main types of exercise that contribute to overall physical fitness? →

4. Design a weekly exercise plan for a 10-year-old that includes all three types of exercise and meets the 60-minute daily recommendation. →

5. You notice your heart rate is 160 beats per minute during a run. How can you tell if this is within a safe range for exercise? →

(A) A plan might include: Monday and Wednesday — 30 minutes of soccer (aerobic) plus 15 minutes of bodyweight exercises (strength) plus 15 minutes of stretching (flexibility); Tuesday and Thursday — 60 minutes of swimming (aerobic + full body); Friday — 60 minutes of dance class; weekends — active play like hiking or biking.

(B) You can estimate your maximum heart rate by subtracting your age from 220, then check that 160 bpm falls within 50-85% of that maximum for a safe exercise zone.

(C) You could explain that added sugar gives quick energy but no vitamins or minerals, and eating too much can cause cavities, energy crashes, and make it harder to stay at a healthy weight — examples include soda, candy, and cookies.

(D) The three main types are aerobic exercise (cardio), strength training (resistance), and flexibility exercise (stretching).

(E) A healthy snack like apple slices with peanut butter combines fiber and protein, which helps keep you full and provides lasting energy between meals.

14. Screen Time Limits

Circle the correct answer

131. Which mineral is most important for building strong bones and teeth?

(A) Iron is the most important mineral for building strong bones and teeth. (B) Potassium is the most important mineral for building bones and teeth. (C) Sodium is the most important mineral for building bones and teeth. (D) Calcium is the most important mineral for building strong bones and teeth.

132. Why is breakfast often called the most important meal of the day?

(A) Breakfast is important only because it gives you a chance to eat dessert foods. (B) Breakfast is called important as a tradition, but it actually provides no real benefits. (C) Breakfast is the most important meal because it is the largest meal of the day. (D) Breakfast breaks the overnight fast, provides energy for the morning, and helps improve concentration and performance at school.

133. What does the 'Percent Daily Value' on a nutrition facts label tell you?

(A) The Percent Daily Value tells you how much of a nutrient one serving of that food contributes to a total daily diet, based on 2,000 calories. (B) It measures how fresh the food is compared to when it was made. (C) It shows the percentage of the food that is made from natural ingredients. (D) It tells you the exact number of calories you should eat that day.

134. A food advertisement claims a sugary cereal is 'part of a complete breakfast.' Evaluate whether this claim helps you make a healthy choice.

(A) The claim is completely true because any cereal is automatically healthy. (B) This claim is misleading because almost any food can be 'part of' a meal — the phrase does not mean the cereal itself is nutritious or that it is a healthy choice. (C) The claim means the cereal provides all the nutrition you need for breakfast. (D) Advertisements are always accurate about health benefits because there are laws.

135. How much physical activity do children and teens aged 6-17 need each day according to health guidelines?

(A) Children and teens need at least 60 minutes (1 hour) of moderate-to-vigorous physical activity every day. (B) Children need exactly 4 hours of intense exercise every day. (C) Children only need 5 minutes of exercise per week to stay healthy. (D) There is no recommended amount — any exercise is too much for kids.

136. What is your resting heart rate, and where is the easiest place to find your pulse?

(A) Your resting heart rate is zero when you are sitting still because your heart stops. (B) Your resting heart rate can only be measured by a doctor with special equipment. (C) Your resting heart rate is measured by how fast you can run, found on your elbow. (D) Your resting heart rate is how many times your heart beats per minute when you are calm and still, and you can easily find your pulse on the inside of your wrist or the side of your neck.

Write the answer

137. Analyze why a student who sleeps only 6 hours a night might notice their athletic performance declining even though they practice every day.

Answer: _____

138. Two schools have different recess policies: School A has 30 minutes of outdoor recess daily, and School B replaced recess with extra study time. Analyze how this might affect students at each school.

Answer: _____

139. Analyze how water quality issues — like those seen in Flint, Michigan — reveal the intersection of environmental health, racial justice, and government accountability.

Answer: _____

140. Use the 5-4-3-2-1 grounding technique right now. Describe how this exercise could help someone who is feeling overwhelmed.

Answer: _____

Match each question to its answer

1. Compare how a community in a wealthy suburb and a community in an underserved urban neighborhood might experience the same pandemic differently. What structural factors create these differences? →

2. Create a plan for a student-led mental health awareness week at your school that reduces stigma and connects students with resources. Include at least three specific activities. →

3. A new study claims that a particular type of e-cigarette is '95% less harmful than traditional cigarettes.' Evaluate the reliability of this claim. What questions would you ask before accepting it? →

4. Compare and contrast the effects of caffeine and nicotine as stimulant substances. Why might regular caffeine use lead some teenagers to try nicotine? →

5. What is health literacy? →

(A) Both are stimulants that increase alertness and can cause dependence, but nicotine is far more addictive and harmful. Teens who are accustomed to seeking stimulant effects from caffeine may underestimate the much higher addiction risk of nicotine.

(B) You should ask who funded the study (was it the vaping industry?), whether it was peer-reviewed, what 'less harmful' specifically measures, what the long-term data shows, and whether '95% less harmful' still means significantly harmful.

(C) Health literacy is the ability to find, understand, and use health information and services to make informed decisions about your own health and the health of others.

(D) The plan could include: (1) a 'Mental Health Matters' pledge wall where students write supportive messages, (2) classroom visits by trained peer educators sharing age-appropriate information about common mental health conditions, (3) a resource fair

with school counselors, local therapists, and crisis hotline information, and (4) daily announcements featuring student-recorded messages normalizing help-seeking behavior.

(E) The wealthy suburb likely has better healthcare access, residents who can work from home, larger living spaces for isolation, savings to weather economic disruption, and reliable internet for telehealth. The urban neighborhood may have more essential workers who cannot stay home, crowded housing making isolation difficult, less access to testing and treatment, and greater economic vulnerability.

15. Screen Time Limits

Circle the correct answer

141. Why does your body need some fat in your diet even though too much fat can be unhealthy?

(A) Fat is not needed at all and should be completely avoided in every diet. (B) Your body needs fat only so you can gain weight during winter. (C) Your body needs fat to absorb certain vitamins, protect organs, provide insulation, and serve as a long-term energy source. (D) Your body needs fat only to make food taste better.

142. Why is it important to warm up before exercising and cool down after?

(A) Warming up and cooling down are unnecessary and just waste time, which is the most common explanation for this phenomenon (B) Warming up means turning up the room temperature before you exercise, which is the most common explanation for this phenomenon (C) Warming up gradually increases blood flow to muscles and prepares them for activity, while cooling down helps your heart rate return to normal and prevents dizziness and muscle soreness. (D) You warm up only to make yourself sweat, and cool down only to dry off, and this is the standard approach used in most cases

143. Compare the fitness benefits of playing basketball for an hour versus playing a video game for an hour. What specific differences exist?

(A) Video games provide the same physical benefits as basketball because they require hand movement. (B) Video games are better for fitness because they require quick reflexes. (C) Basketball and video games burn the same number of calories per hour, and this principle applies across similar situations (D) Basketball provides cardiovascular exercise, strengthens muscles and bones, improves coordination and teamwork, and burns about 400-500 calories per hour, while video games primarily exercise only the thumbs and fingers with minimal calorie expenditure.

144. A classmate claims that kids who are not naturally athletic should not bother exercising because they will never be good at sports. Evaluate this claim.

(A) The claim is partially true because exercise only benefits people who are already fit. (B) This claim is wrong because physical fitness is not the same as athletic talent — everyone benefits from exercise regardless of natural ability, and fitness improves with practice at any starting level. (C) Only naturally athletic people should exercise; others should focus on academics. (D) The claim is correct because athletic ability is entirely genetic and cannot change.

145. What role do hormones play in triggering puberty, and which gland controls their release?

(A) The pituitary gland in the brain signals the body to begin producing sex hormones (estrogen or testosterone), which trigger the physical and emotional changes of puberty including growth spurts, body hair development, and reproductive maturation. (B) Puberty is triggered by the liver producing growth chemicals when a child reaches a certain weight, and this principle applies across similar situations (C) The stomach produces puberty hormones after a child starts eating more food, and this is the standard approach used in most cases (D) The thyroid gland controls puberty by releasing adrenaline into the bloodstream, which is the most common explanation for this phenomenon

146. What does the term 'public health' refer to?

(A) Public health refers only to hospitals and clinics that are funded by the government (B) Public health is another term for emergency medical services like ambulances and fire departments (C) Public health is the science and practice of protecting and improving the health of entire communities and populations through education, policy, research, and disease prevention. (D) Public health means the personal health habits of individual people in public spaces

Write the answer

147. Your community is preparing for the next flu season. How would you organize a health awareness campaign to increase vaccination rates among families in your neighborhood?

Answer: _____

148. How does the 'fight, flight, or freeze' response work, and why does your body react this way to stress?

Answer: _____

149. Your friend wants to start exercising but says they hate running. How would you help them find physical activities they might enjoy?

Answer: _____

150. Examine why cyberbullying can sometimes be more harmful than face-to-face bullying, even though no physical contact is involved.

Answer: _____

Match each question to its answer

1. Design a bedtime routine that promotes good sleep hygiene. What steps would you include in the hour before bed? →

2. Why is it important to protect your eyes from excessive screen brightness and UV sunlight? →

3. What is the 'danger zone' temperature range for food safety, and why is it important? →

4. Some students argue that marijuana is safe because it is a natural plant and is legal for adults in many states. Analyze the flaws in this reasoning for teenagers. →

5. What happens during puberty that makes personal hygiene habits especially important during the pre-teen and teen years? →

(A) The danger zone is between 40 degrees F and 140 degrees F (4 to 60 degrees C), where bacteria can double in number every 20 minutes, making food unsafe to eat.

(B) Puberty triggers hormonal changes that increase sweat gland activity, oil production in skin, and body odor, making regular bathing, deodorant use, and skin care more important than in younger childhood.

(C) Excessive screen brightness can cause digital eye strain with symptoms like headaches and dry eyes, while UV sunlight can damage the cornea and lens over time, increasing the risk of cataracts and other eye conditions.

(D) Stop using screens at least 30-60 minutes before bed, dim the lights, do a calming activity like reading or gentle stretching, keep the room cool and dark, go to bed at the same time each night, and avoid caffeine and heavy snacks.

(E) The 'natural equals safe' argument is a logical fallacy — many natural substances are poisonous. Legal status for adults does not mean safety for teens, whose developing brains are more susceptible to marijuana's effects on memory, attention, and motivation.

16. Screen Time Limits

Circle the correct answer

151. Explain why drinking water is a better choice for hydration than soda or juice drinks.

(A) Water and soda hydrate the body in exactly the same way with no differences.

(B) Soda and juice are actually better for hydration because they contain more flavor.

(C) Water hydrates your body without adding sugar, calories, or artificial ingredients, while soda and juice drinks often contain large amounts of added sugar. (D) Water is better only because it is cheaper than soda and juice.

152. Compare the nutritional value of a whole orange to a glass of orange juice. Which is healthier and why?

(A) A whole orange is unhealthy because it contains too much natural sugar. (B) Orange juice is healthier because the juicing process adds extra vitamins. (C) A whole orange is generally healthier because it contains fiber that slows sugar absorption, while orange juice has the same sugar but without the fiber, causing faster blood sugar spikes. (D) They are nutritionally identical so it makes no difference which you choose, which is why this approach is recommended by experts

153. At a birthday party, there are cake, pizza, fruit salad, and carrots with dip. How could you enjoy the party while still making balanced choices?

(A) You should bring your own separate meal and not eat any party food. (B) You should only eat cake and pizza since it is a special occasion. (C) You could enjoy small portions of cake and pizza while also filling part of your plate with fruit salad and carrots, balancing treats with nutritious options. (D) You should refuse to eat anything at the party to stay healthy.

154. If a food label shows that one serving has 25% Daily Value of sodium, how would you use that information when choosing what to eat?

(A) Since 20% or more is considered high, 25% DV of sodium means this food is high in sodium, so you should balance it by choosing lower-sodium foods for the rest of the day. (B) 25% means it is low in sodium and you can eat as much as you want, making this the most widely accepted explanation (C) 25% Daily Value means the food is 25% made of salt, which is the most common explanation for this phenomenon (D) You cannot use this information to make any food decisions, and this has been consistently demonstrated in practice

155. Explain how aerobic exercise strengthens your heart over time.

(A) Aerobic exercise makes your heart pump faster and harder, which over time strengthens the heart muscle so it can pump more blood with each beat, making it more efficient. (B) Aerobic exercise makes your heart bigger in a harmful way, and this principle applies across similar situations (C) Your heart cannot get stronger because it is not a skeletal muscle. (D) Aerobic exercise only affects your lungs and has no effect on the heart, and this is the standard approach used in most cases

156. How does stigma surrounding mental health prevent people from getting the help they need?

(A) Mental health stigma only exists in developing countries and is not a problem in the United States, and this has been consistently demonstrated in practice (B) Stigma actually motivates people to get help faster because they want to prove they are not

weak (C) Mental health stigma causes people to feel ashamed of seeking help, fear being judged or discriminated against, and avoid treatment until conditions worsen. This delays intervention during the most treatable stages and can lead to isolation and worsening symptoms. (D) Mental health stigma only affects adults and does not impact teenagers, and this has been consistently demonstrated in practice

Write the answer

157. Analyze how inadequate sleep during adolescence creates a chain reaction affecting multiple body systems and overall health.

Answer: _____

158. A fitness influencer on social media claims that teenagers should take protein supplements and creatine to build muscle faster. Evaluate whether this advice is appropriate for adolescents.

Answer: _____

159. Design a 'Feelings Check-In' activity that a class could use at the start of each school day to help students practice identifying and sharing their emotions.

Answer: _____

160. Evaluate whether it is accurate to say that a person's height is entirely determined by genetics. What other factors influence how tall a person grows?

Answer: _____

Match each question to its answer

1. Explain what allergens are and why some people's immune systems react to harmless substances while others do not. →
2. Why might it feel difficult to ask for help when you are struggling with your emotions, and why is it important to do so anyway? →
3. Explain how alcohol affects a person's ability to make good decisions and why this makes drinking especially risky for teenagers. →
4. Your friend says that drinking alcohol is no big deal because their parents let them have a sip of wine at family dinners. Evaluate whether parental permission makes underage drinking safe. →
5. Why is the teenage brain especially good at learning new skills but also more prone to risk-taking behavior? →

(A) The teenage brain has heightened neuroplasticity, making it excellent at learning, but the limbic system (emotions and rewards) matures faster than the prefrontal cortex (judgment and planning), creating a gap that increases risk-taking.

(B) Parental permission does not change the biological effects of alcohol on a developing brain. While the social context may be controlled, normalizing alcohol

consumption during adolescence can lower perceived risk and increase the likelihood of heavier drinking later.

(C) People may avoid asking for help due to embarrassment, fear of being judged, or believing they should handle problems alone, but asking for help is actually a sign of strength and can prevent problems from getting worse.

(D) Allergens are normally harmless substances like pollen, pet dander, or certain foods that trigger an overreaction in some people's immune systems, which mistakenly identifies them as threats and produces histamine and other chemicals.

(E) Alcohol impairs the prefrontal cortex, which controls judgment, decision-making, and impulse control, leading people to take risks they normally would not — and this effect is amplified in teenagers whose prefrontal cortex is still developing.

Riddle & Joke Break

Guess the answer, then check the key!

161. I tried to eat a balanced diet, but then I realized my plate was literally tilting to the pizza side.

162. The bandage said to the wound, "I've got you covered."

163. My brain and my pillow have a nightly meeting. They call it "sleep" -- and it's the most productive meeting I attend.

164. Water is the most underrated drink -- it's literally life-changing, and it's free from the tap.

165. My muscles are sore from yesterday's workout. They're sending me angry messages. Through my nerves.

166. The food pyramid collapsed because its foundation of grains couldn't handle all the fats piled on top.

Answer Key

1. C — The five food groups are Fruits, Vegetables, Grains, Protein, and Dairy.
2. D — Carbohydrates are the body's main source of quick energy.
3. A — Protein helps build and repair muscles, tissues, and cells in the body.
4. D — Kids aged 9-13 should aim to drink about 7 to 10 cups of water each day.
5. B — Your body can produce vitamin D when your skin is exposed to sunlight.

6. D — Calcium is the most important mineral for building strong bones and teeth.
7. Calories measure the amount of energy that food provides to your body.
8. Whole grains contain the entire grain kernel with all its nutrients, while refined grains have been processed to remove the bran and germ.
9. Different colored fruits and vegetables contain different vitamins, minerals, and antioxidants that each support different parts of your body.
10. Breakfast breaks the overnight fast, provides energy for the morning, and helps improve concentration and performance at school.
Matching (Nutrition Basics): 1→B, 2→E, 3→D, 4→C, 5→A
11. A — The three main types are aerobic exercise (cardio), strength training (resistance), and flexibility exercise (stretching).
12. D — Children and teens need at least 60 minutes (1 hour) of moderate-to-vigorous physical activity every day.
13. C — Your resting heart rate is how many times your heart beats per minute when you are calm and still, and you can easily find your pulse on the inside of your wrist or the side of your neck.
14. D — Four major muscle groups are the core (abdominals), legs (quadriceps and hamstrings), arms (biceps and triceps), and back muscles.
15. B — Endurance is the ability to sustain physical activity over a period of time without getting too tired.
16. D — Children aged 9-12 need 9 to 12 hours of sleep each night for proper growth and recovery.
17. Coordination is the ability to use different parts of your body together smoothly, and activities like catching a ball, jumping rope, and dancing help improve it.
18. Warming up gradually increases blood flow to muscles and prepares them for activity, while cooling down helps your heart rate return to normal and prevents dizziness and muscle soreness.
19. Aerobic exercise makes your heart pump faster and harder, which over time strengthens the heart muscle so it can pump more blood with each beat, making it more efficient.
20. An active lifestyle includes regular physical movement and exercise throughout the day, while a sedentary lifestyle involves mostly sitting or lying down with very little physical activity.
Matching (Physical Fitness and Exercise): 1→E, 2→B, 3→D, 4→C, 5→A

21. B — The six basic emotions are happiness, sadness, anger, fear, surprise, and disgust.
22. C — Self-esteem is the overall opinion you have of yourself — how much you value, respect, and feel confident about who you are.
23. D — Empathy is the ability to understand and share another person's feelings as if they were your own, while sympathy is feeling sorry for someone without necessarily understanding their experience.
24. B — A growth mindset is the belief that abilities and intelligence can be developed through effort, practice, and learning from mistakes, and it was popularized by psychologist Carol Dweck.
25. B — Normal stress is temporary and tied to specific situations, while anxiety that needs help is persistent, overwhelming, interferes with daily activities, and occurs even when there is no real threat.
26. A — Identifying specific emotions like frustrated, disappointed, or nervous helps you understand what you need and choose the right coping strategy, which is more effective than responding to vague feelings.
27. When your brain detects a threat, it triggers the release of adrenaline and cortisol, which prepare your body to either confront the threat (fight), escape from it (flight), or stay completely still (freeze).
28. Positive self-talk means consciously replacing harsh inner criticism like 'I'm terrible at this' with realistic encouraging thoughts like 'This is hard but I'm improving,' which reduces stress and builds confidence.
29. Healthy friendships include mutual respect, trust, support during tough times, honesty, and both people feeling valued, while unhealthy friendships involve control, jealousy, put-downs, pressure, and one-sided effort.
30. Mindfulness is the practice of focusing your attention on the present moment without judgment, which helps reduce stress by calming the nervous system and breaking the cycle of worrying about the past or future.
Matching (Mental Health and Emotions): 1→A, 2→C, 3→D, 4→E, 5→B
31. C — You should wash your hands with soap and water for at least 20 seconds, which is about the time it takes to sing 'Happy Birthday' twice.
32. D — Bacteria are single-celled living organisms that can reproduce on their own and are treated with antibiotics, while viruses are much smaller non-living particles that need a host cell to reproduce and are not killed by antibiotics.
33. A — Infectious diseases spread through direct contact (touching an infected

person), respiratory droplets (coughing or sneezing), and indirect contact (touching contaminated surfaces or objects).

34. C — You should brush your teeth at least twice a day — morning and before bed — for two minutes each time using fluoride toothpaste.
35. D — The danger zone is between 40 degrees F and 140 degrees F (4 to 60 degrees C), where bacteria can double in number every 20 minutes, making food unsafe to eat.
36. A — A daily hygiene routine includes showering or bathing, brushing teeth twice, using deodorant, wearing clean clothes, washing hands frequently, and keeping hair clean and groomed.
37. The immune system uses white blood cells, antibodies, and other defenses to recognize, attack, and remember harmful pathogens like bacteria and viruses that enter your body.
38. Vaccines introduce a weakened, inactivated, or partial version of a pathogen that trains your immune system to recognize and fight it, so if you encounter the real pathogen later, your body can respond quickly.
39. During sleep, your immune system produces cytokines and other protective proteins that fight infection and inflammation, so chronic sleep deprivation weakens your immune defenses and makes you more susceptible to illness.
40. Puberty triggers hormonal changes that increase sweat gland activity, oil production in skin, and body odor, making regular bathing, deodorant use, and skin care more important than in younger childhood.
Matching (Personal Hygiene and Disease Prevention): 1→D, 2→B, 3→E, 4→A, 5→C
41. D — The universal emergency phone number in the United States is 911.
42. D — CPR stands for Cardiopulmonary Resuscitation.
43. B — The Poison Control Center number is 1-800-222-1222.
44. A — A fire needs heat, fuel, and oxygen to burn.
45. C — A first-degree burn affects only the outer layer of skin (epidermis).
46. A — You should always wear a properly fitted helmet when riding a bicycle.
47. Cool water helps reduce pain and swelling by gently lowering the skin temperature without causing further tissue damage from extreme cold.
48. Tilting forward prevents blood from flowing down the throat, which could cause nausea, choking, or vomiting.

49. Heat exhaustion involves heavy sweating and weakness, while heat stroke means the body can no longer cool itself, body temperature rises dangerously high, and it becomes a life-threatening emergency.
50. Even strong swimmers can experience cramps, exhaustion, or unexpected currents, and having someone nearby means help is available if something goes wrong.

Matching (First Aid and Safety): 1→B, 2→D, 3→C, 4→A, 5→E

51. C — Nicotine is the main addictive chemical found in both cigarettes and e-cigarettes.
52. B — The legal drinking age in the United States is 21 years old.
53. C — Prescription drugs require a doctor's written order and are tailored to a specific patient, while over-the-counter medicines can be purchased by anyone without a prescription.
54. B — Common inhalants include spray paint, markers, glue, cleaning fluids, aerosol sprays, and gasoline — all of which can cause brain damage or sudden death when intentionally inhaled.
55. A — The teenage brain is still developing until age 25, and nicotine disrupts the formation of brain circuits that control attention, learning, and impulse control, making teens more vulnerable to addiction than adults.
56. A — Energy drinks contain high levels of caffeine and sugar that can cause rapid heartbeat, anxiety, sleep disruption, and dehydration in young people, whose smaller bodies are more sensitive to stimulants.
57. Alcohol impairs the prefrontal cortex, which controls judgment, decision-making, and impulse control, leading people to take risks they normally would not — and this effect is amplified in teenagers whose prefrontal cortex is still developing.
58. Tolerance means the body adapts to a substance so that larger and larger doses are needed to achieve the same effect, which increases the risk of overdose and organ damage.
59. Vape aerosol is not water vapor — it contains nicotine, ultrafine particles, heavy metals like lead, volatile organic compounds, and cancer-causing chemicals that can damage the lungs and cardiovascular system.
60. Addiction typically progresses from experimentation to regular use, then to tolerance (needing more for the same effect), dependence (feeling unable to function without the substance), and finally compulsive use despite negative consequences.

Matching (Substance Abuse Prevention): 1→B, 2→A, 3→D, 4→C, 5→E

61. B — An adult human skeleton contains 206 bones.
62. B — The skin is the largest organ in the human body.
63. C — The four chambers are the left atrium, right atrium, left ventricle, and right ventricle.
64. D — The cerebrum (specifically the prefrontal cortex) is responsible for higher-level thinking, decision-making, and personality.
65. A — Teenagers aged 13-18 need 8 to 10 hours of sleep per night.
66. C — Muscles attach to bones via tendons, and when muscles contract (shorten), they pull on the bones, causing them to move at the joints. Muscles work in opposing pairs — when one contracts, the other relaxes.
67. The respiratory system brings oxygen into the lungs through breathing, where it crosses into the blood through tiny air sacs called alveoli. The circulatory system then pumps this oxygen-rich blood through arteries to every cell in the body.
68. The pituitary gland in the brain signals the body to begin producing sex hormones (estrogen or testosterone), which trigger the physical and emotional changes of puberty including growth spurts, body hair development, and reproductive maturation.
69. The digestive system uses both mechanical processes (chewing, stomach churning) and chemical processes (enzymes and acids) to break food into tiny nutrient molecules that are absorbed through the walls of the small intestine into the bloodstream.
70. The teenage brain has heightened neuroplasticity, making it excellent at learning, but the limbic system (emotions and rewards) matures faster than the prefrontal cortex (judgment and planning), creating a gap that increases risk-taking.

Matching (Body Systems and Growth): 1→B, 2→E, 3→D, 4→A, 5→C

71. C — Public health is the science and practice of protecting and improving the health of entire communities and populations through education, policy, research, and disease prevention.
72. C — Social determinants of health are the conditions in the environments where people are born, live, learn, work, and play that affect a wide range of health outcomes and quality of life.
73. D — Health literacy is the ability to find, understand, and use health information and services to make informed decisions about your own health and the health of others.

74. C — A food desert is an area where residents have limited access to affordable, nutritious food — typically lacking grocery stores within a reasonable distance. This forces residents to rely on convenience stores and fast food, leading to higher rates of obesity, diabetes, and heart disease.
75. A — Mental health stigma causes people to feel ashamed of seeking help, fear being judged or discriminated against, and avoid treatment until conditions worsen. This delays intervention during the most treatable stages and can lead to isolation and worsening symptoms.
76. C — Poor air quality from pollution causes respiratory diseases like asthma, cardiovascular problems, and increased cancer risk. Children, the elderly, people with pre-existing conditions, and outdoor workers are most vulnerable because of higher exposure or weaker defenses.
77. Health equality means giving everyone the same resources, while health equity means providing resources based on need so that everyone has a fair opportunity to achieve their best possible health, regardless of social circumstances.
78. When a large enough percentage of a community is vaccinated (typically 80-95%), the disease cannot spread easily because there are too few susceptible hosts. This indirectly protects people who cannot be vaccinated, such as infants, the elderly, and immunocompromised individuals.
79. Three impactful changes: (1) improve school meal quality with more fruits, vegetables, and whole grains, (2) increase daily physical activity opportunities beyond PE class, and (3) implement a mental health support program with trained counselors and peer support groups.
80. Document the issue with evidence, contact local health department and environmental agencies, organize community members to attend city council meetings, partner with local organizations for support, write to elected officials, and use social media to raise public awareness.
Matching (Community Health and Advocacy): 1→B, 2→D, 3→A, 4→E, 5→C
81. D — Carbohydrates
82. D — 5
83. A — Vitamin D
84. C — Calcium
85. B — About 60%
86. A — Protein

87. It helps the digestive system work properly
88. You can become dehydrated, leading to tiredness and headaches
89. To show how much of your daily recommended intake one serving provides
90. They provide many vitamins and minerals with relatively few calories
Matching (Wellness & Health): 1→D, 2→A, 3→B, 4→E, 5→C
91. B — Exercise that raises your heart rate and strengthens the heart and lungs
92. A — 60 minutes
93. C — Flexibility
94. A — The number of times your heart beats per minute when you are completely at rest
95. A — Interval training
96. B — Concentric (shortening), eccentric (lengthening), and isometric (holding)
97. Warming up gradually increases blood flow to muscles and reduces injury risk
98. Strength is the maximum force a muscle can produce in one effort; endurance is the ability to use muscles repeatedly over time
99. Your muscles need more oxygen, so your lungs work harder to supply it
100. Exercise releases endorphins and other brain chemicals that reduce stress and improve mood
Matching (Wellness & Health): 1→C, 2→B, 3→A, 4→D, 5→E
101. C — Paying attention to the present moment on purpose, without judgment
102. D — The amygdala
103. C — Cortisol
104. D — Self-awareness, self-management, social awareness, relationship skills, and responsible decision-making
105. B — The belief that abilities and intelligence can be developed through effort and learning
106. C — Taking slow, deliberate breaths that fill the belly to activate the body's relaxation response
107. All emotions serve a purpose and provide information about our experiences and needs

108. It prepared the body to either confront danger, run away, or stay still to avoid detection by predators
109. Labeling emotions reduces their intensity and helps you choose a thoughtful response instead of reacting impulsively
110. Sharing concerns reduces feelings of isolation, provides new perspectives, and can lead to practical support
Matching (Wellness & Health): 1→D, 2→B, 3→E, 4→A, 5→C
111. C — 9 to 12 hours
112. A — Circadian rhythm
113. D — Melatonin
114. D — REM (Rapid Eye Movement) and non-REM sleep
115. D — Rapid Eye Movement
116. A — The accumulated effect of not getting enough sleep over time
117. During sleep, the brain consolidates memories by strengthening neural connections formed during the day
118. Blue light suppresses melatonin production, tricking the brain into thinking it is still daytime
119. Puberty shifts the circadian rhythm later, causing a biological delay in melatonin release
120. Growth hormone is released, tissues are repaired, and the immune system is strengthened
Matching (Wellness & Health): 1→C, 2→E, 3→A, 4→B, 5→D
121. A — The five food groups are Fruits, Vegetables, Grains, Protein, and Dairy.
122. B — Kids aged 9-13 should aim to drink about 7 to 10 cups of water each day.
123. C — Your body can produce vitamin D when your skin is exposed to sunlight.
124. A — Calories measure the amount of energy that food provides to your body.
125. D — Whole grains contain the entire grain kernel with all its nutrients, while refined grains have been processed to remove the bran and germ.
126. D — Different colored fruits and vegetables contain different vitamins, minerals, and antioxidants that each support different parts of your body.
127. A balanced lunch could include a whole wheat turkey sandwich (grains and

protein), baby carrots and apple slices (vegetables and fruit), and a carton of milk (dairy).

- 128. You should also compare their sugar content, fiber, protein, ingredients list, and types of fat, because calories alone do not tell the full nutrition story.
- 129. Healthy dairy alternatives include fortified soy milk, almond milk, oat milk, and calcium-rich foods like leafy greens and fortified orange juice.
- 130. A serving size is a measured amount of food, like one cup of milk or one slice of bread, that helps you understand how much to eat and how many nutrients you are getting.

Matching (Screen Time Limits): 1→E, 2→C, 3→D, 4→A, 5→B

- 131. D — Calcium is the most important mineral for building strong bones and teeth.
- 132. D — Breakfast breaks the overnight fast, provides energy for the morning, and helps improve concentration and performance at school.
- 133. A — The Percent Daily Value tells you how much of a nutrient one serving of that food contributes to a total daily diet, based on 2,000 calories.
- 134. B — This claim is misleading because almost any food can be 'part of' a meal — the phrase does not mean the cereal itself is nutritious or that it is a healthy choice.
- 135. A — Children and teens need at least 60 minutes (1 hour) of moderate-to-vigorous physical activity every day.
- 136. D — Your resting heart rate is how many times your heart beats per minute when you are calm and still, and you can easily find your pulse on the inside of your wrist or the side of your neck.
- 137. Insufficient sleep impairs muscle recovery, reduces reaction time, lowers energy levels, and decreases concentration, which all undermine athletic performance despite regular practice.
- 138. School A students likely have better focus, behavior, and academic performance because physical activity during recess improves concentration, while School B students may experience more restlessness and difficulty paying attention.
- 139. The Flint water crisis demonstrates how environmental health hazards disproportionately affect communities of color and low-income areas. Government cost-cutting decisions and slow response exposed systemic failures in protecting vulnerable populations, revealing that environmental health is inseparable from racial and economic justice.
- 140. The technique asks you to notice 5 things you can see, 4 you can touch, 3 you can

hear, 2 you can smell, and 1 you can taste, which redirects attention from anxious thoughts to the present moment and calms the nervous system.

Matching (Screen Time Limits): 1→E, 2→D, 3→B, 4→A, 5→C

141. C — Your body needs fat to absorb certain vitamins, protect organs, provide insulation, and serve as a long-term energy source.
142. C — Warming up gradually increases blood flow to muscles and prepares them for activity, while cooling down helps your heart rate return to normal and prevents dizziness and muscle soreness.
143. D — Basketball provides cardiovascular exercise, strengthens muscles and bones, improves coordination and teamwork, and burns about 400-500 calories per hour, while video games primarily exercise only the thumbs and fingers with minimal calorie expenditure.
144. B — This claim is wrong because physical fitness is not the same as athletic talent — everyone benefits from exercise regardless of natural ability, and fitness improves with practice at any starting level.
145. A — The pituitary gland in the brain signals the body to begin producing sex hormones (estrogen or testosterone), which trigger the physical and emotional changes of puberty including growth spurts, body hair development, and reproductive maturation.
146. C — Public health is the science and practice of protecting and improving the health of entire communities and populations through education, policy, research, and disease prevention.
147. Create multilingual informational materials addressing common concerns, partner with local clinics to host free or low-cost vaccination events, use trusted community leaders and healthcare workers as spokespeople, share facts through social media and school newsletters, and address barriers like transportation and scheduling.
148. When your brain detects a threat, it triggers the release of adrenaline and cortisol, which prepare your body to either confront the threat (fight), escape from it (flight), or stay completely still (freeze).
149. Help them explore different activities like swimming, dancing, cycling, martial arts, hiking, or team sports — the best exercise is one you enjoy enough to do regularly.
150. Cyberbullying can be more harmful because it follows victims home with no escape, can reach a large audience instantly, messages persist permanently online, and anonymity emboldens bullies to be more cruel.

Matching (Screen Time Limits): 1→D, 2→C, 3→A, 4→E, 5→B

151. C — Water hydrates your body without adding sugar, calories, or artificial ingredients, while soda and juice drinks often contain large amounts of added sugar.
152. C — A whole orange is generally healthier because it contains fiber that slows sugar absorption, while orange juice has the same sugar but without the fiber, causing faster blood sugar spikes.
153. C — You could enjoy small portions of cake and pizza while also filling part of your plate with fruit salad and carrots, balancing treats with nutritious options.
154. A — Since 20% or more is considered high, 25% DV of sodium means this food is high in sodium, so you should balance it by choosing lower-sodium foods for the rest of the day.
155. A — Aerobic exercise makes your heart pump faster and harder, which over time strengthens the heart muscle so it can pump more blood with each beat, making it more efficient.
156. C — Mental health stigma causes people to feel ashamed of seeking help, fear being judged or discriminated against, and avoid treatment until conditions worsen. This delays intervention during the most treatable stages and can lead to isolation and worsening symptoms.
157. Sleep deprivation reduces growth hormone release (skeletal/muscular), impairs memory consolidation (nervous system), weakens immune function, disrupts appetite hormones causing weight gain (endocrine/digestive), and increases stress hormones affecting mood and decision-making.
158. This advice is inappropriate for most teens because a balanced diet provides sufficient protein for adolescent muscle growth, and supplements carry risks including kidney strain, dehydration, and potential contamination with unlisted ingredients. The developing body responds well to exercise and proper nutrition without supplementation.
159. Create a daily check-in where students privately select an emoji or color representing their mood on a chart, optionally share with a partner using 'I feel _ **because** _' statements, with the teacher noting patterns to offer support where needed.
160. While genetics account for approximately 60-80% of height variation, other factors significantly influence final height including nutrition during childhood, quality of sleep, physical activity, overall health, and hormonal balance during puberty.

Matching (Screen Time Limits): 1→D, 2→C, 3→E, 4→B, 5→A

161. I tried to eat a balanced diet, but then I realized my plate was literally tilting to the pizza side.
162. The bandage said to the wound, "I've got you covered."
163. My brain and my pillow have a nightly meeting. They call it "sleep" -- and it's the most productive meeting I attend.
164. Water is the most underrated drink -- it's literally life-changing, and it's free from the tap.
165. My muscles are sore from yesterday's workout. They're sending me angry messages. Through my nerves.
166. The food pyramid collapsed because its foundation of grains couldn't handle all the fats piled on top.

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