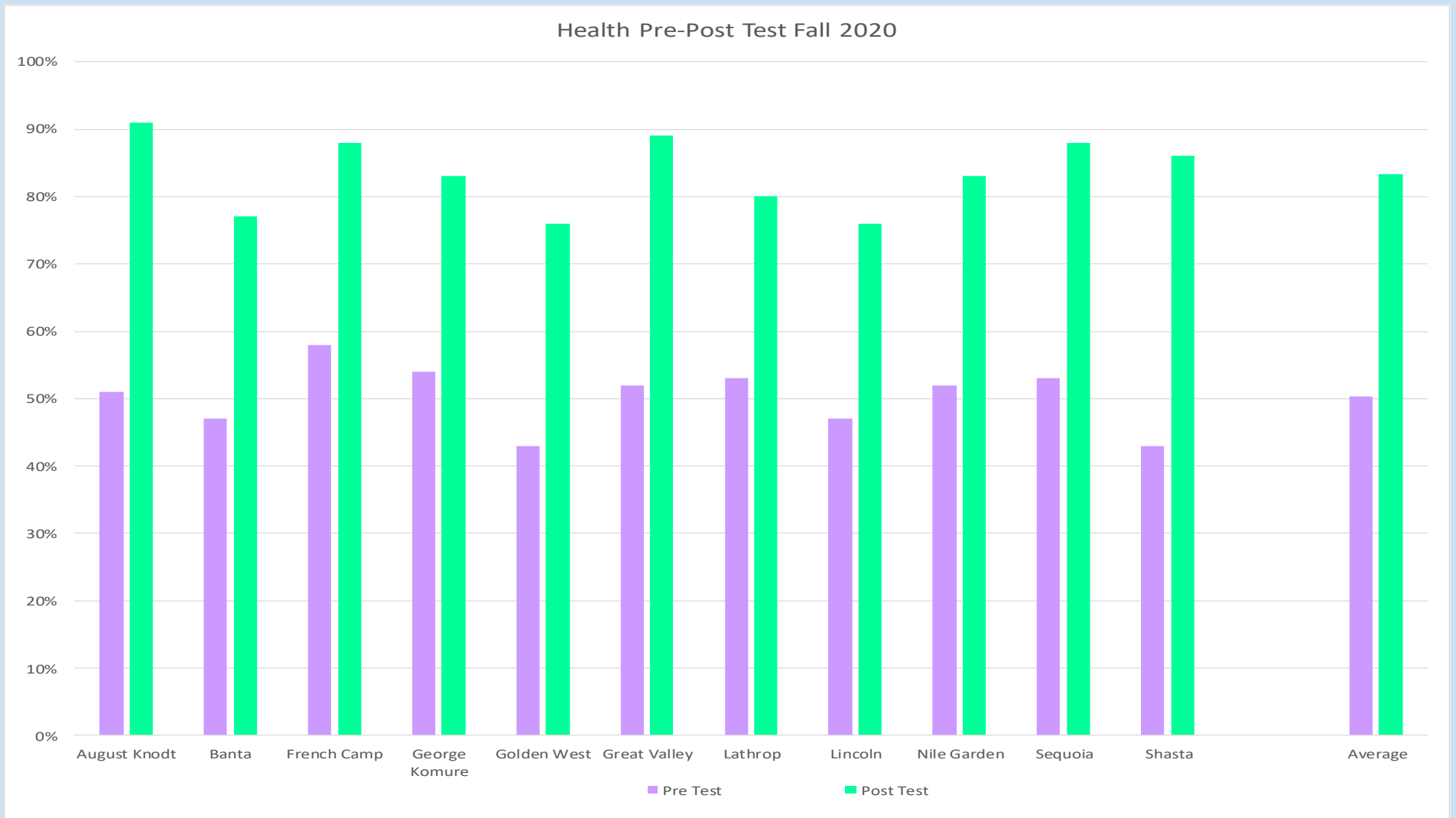


The GECAC Health fall 2020 presentations included pre and post tests for all students. The results below are the total for the following fall topics:

- Hydration
- Brain Health
- Germs and Handwashing



Handwashing Pre/Post Test Questions:

1. Germs can enter your body through this mucus membrane.

- Eyes
- Nose
- Mouth
- All of the above

2. People touch their face this many times a day.

- 25
- 23
- 33
- 15

3. Good times to wash your hands include

- Before eating
- After petting a dog
- Sneezing
- Singing

4. You should wash your hands for

- 15 Seconds
- 30 Seconds
- 20 Seconds
- 25 Seconds

5. Hand sanitizer is as effective as hand washing

- A. True B. False

Getting to know your brain Pre/Post Test

1. Your brain has how many thoughts per day

- 10,000-30,000
- 30,000-50,000
- 50,000-70,000
- 70,000-90,000

2. The amygdala is the part of the brain that is the

- Fight
- Flight
- Freeze
- All of the above

3. The prefrontal cortex (PFC) is the part of the brain that

- Reacts
- Thinks and learns
- Remembers

4. What does our hippocampus do?

- Make memories
- Stores important information for later
- Remembers when we learn
- All of the above

5. What tool can calm our amygdala?

- Eating
- Breathing
- Running

Hydration Health Pre/Post Test

1. Hydration means to take in enough water

- True
- False

2. What % of your body is water?

- 23%
- 40%
- 53%
- 60%

3. We lose water throughout the day when we

- Breathe
- Talk
- Sweat
- All of the above

4. Your brain can shrink in size when dehydrated

- True
- False

5. This food is good for hydration

- Cucumber
- Pizza
- French Fries
- Soda