

Health Pre-Post Test Spring 2022



Total number of students who received Health Education for 16 ASAP sites: 520

Health Pre/Post Test Spring 2022– Healthy Eating, Healthy Choices

1. When eating a meal how much of our plate should be fruit and vegetables?

- A.) 1/4 of your plate B.) 1/3 of your plate
C.) 1/2 of your plate D.) 3/4 of your plate

2. You should choose half of the grains you eat to be

- A) Multigrain **B) Whole grain** C) Wheat grain D) Half grain

3. Beans, peas and lentils are a protein?

- A.) True** B.) False

4. The dairy group does not include

- A) Milk **B) Butter** C) Soy milk D) Yogurt

5. Which answer is best for healthy eating, healthy choices everyday

- A) Drinking water, eating green vegetables and fruits, staying active 30 minutes
B) Staying active 60 minutes, eating a rainbow and getting 2 1/2 cups of dairy
C) Watching portion size, eating a rainbow and getting 6 hours of sleep

Health Pre/Post Test Spring 2022– Self-Esteem

1. Self –esteem means how we think and feel about ourselves.

A.) True

B.) False

2. Low self –esteem can include:

A) Negative thoughts about self

B) Missing out on trying things

C) Both A and B

3. Good Self-esteem is

A.) Thinking positive about yourself

B.) Being brave

C.) Knowing you can do something

D.) All of the above

4. To build self-esteem you should

A) Study harder and run faster

B) Do things you enjoy and practice

D) Make new friends

5. The biggest influence on your self-esteem is

A) Parents

B) Friends

C) Internet and TV

D) Yourself