



Foundational Class Pre-Assessment Quiz (Ages 14-18)

This quiz is designed to challenge how much you know about health. There are no grades—just an opportunity to discover what you know and what might surprise you.

1. Which of these can be signs of dehydration—even before you feel thirsty?

- Headaches
 - Trouble focusing in class
 - Irritability or bad mood
 - Dry lips
 - All of the above
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2. Which system in your body helps you both respond to danger AND properly digest your food?

- The immune system
 - The muscular system
 - The nervous system
 - The skeletal system
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3. True or False:

The food you eat can change how your genes behave—without changing your DNA sequence.

- True
 - False
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4. Which situation is most likely to weaken your immune system over time?

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- Exercising daily, even when tired
 - Feeling constant pressure and anxiety, even if you eat well
 - Taking vitamins but eating mostly junk food
 - Getting minor colds that your body fights off
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5. Your brain uses about how much of your body's total energy?

- 5%
 - 10%
 - 20%
 - 50%
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6. How does not getting enough sleep contribute to weight gain and muscle loss?

- Sleep doesn't affect your weight or muscles—only diet and exercise matter
 - Lack of sleep increases hunger hormones and slows muscle repair
 - When you're tired, your body burns extra calories to stay awake
 - Losing sleep makes your muscles grow faster because your body works harder
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7. What is a scientifically proven effect of losing sleep, even for just one night?

- Your body burns more fat while resting
 - You become more resistant to illness
 - Your hunger hormones increase, making you crave unhealthy food
 - You make better decisions and react faster
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8. Deep, slow breathing activates which powerful system in your body?



- Your fight-or-flight response
 - Your muscles to burn more calories
 - Your parasympathetic nervous system
 - Your digestive system to shut down
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9. Scientists call the gut your 'second brain' because:

- It stores memories
 - It produces mood-regulating chemicals like serotonin
 - It controls how you think
 - It's where most thoughts happen
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10. How does physical exercise improve your brain performance, according to research?

- It only strengthens your muscles, not your brain
 - It increases blood flow, oxygen, and brain chemicals that help with focus and memory
 - It makes you feel more tired, which reduces distractions
 - It boosts endorphins, which relax your brain so you fidget less and think less
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11. When is the most effective time to exercise if you want to boost your brain for school?

- Right before bed
 - After sitting still for hours
 - First thing in the morning, before class
 - It doesn't matter—exercise doesn't affect your brain
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12. Which of these unexpected benefits of exercise is supported by science?

- It helps your brain grow new cells and connections
 - It only helps your muscles grow, not your brain
 - It permanently increases your IQ by 50 points
 - It weakens your ability to concentrate because you're tired
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13. Does the exercise you do when you're young affect your future as an adult? If so, how?

- Some benefits may temporarily improve your health, but most measurable effects diminish within about 5 years unless activity is maintained consistently
 - Physical activity in youth contributes to structural changes in the body—such as increased bone density and neural connections—that can influence health decades later
 - Early exercise primarily alters appearance and athletic performance, but biological systems naturally reset over time
 - Exercise improves cardiovascular endurance in youth, but its influence on brain development or long-term health has not been scientifically established
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