

Foundations_Unit_Quiz_Key_6-9

1. Which of these is part of the Circle of Health?

A. Playing outside

B. Drinking soda every day

C. Never sleeping

D. Skipping meals

2. Which food never spoils (it can last almost forever)?

A. Bananas

B. Honey

C. Bread

D. Cheese

3. Which of these is a macronutrient (fuel for your body)?

A. Vitamins

B. Protein

C. Water

D. Minerals

4. What is your gut microbiome sometimes compared to?

A. A desert

B. A rainforest

C. A mountain

D. A volcano

5. Which plant is often called “nature’s band-aid” because it can soothe burns?

A. Aloe vera

B. Mint

C. Chamomile

D. Lavender

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6. In Ayurveda (ancient Indian medicine), people often drink ginger tea after meals. What does ginger help with?

A. Stronger muscles

B. Better digestion

C. Faster running

D. Better sleep

7. In Native American tradition, corn, beans, and squash are called the “Three Sisters.” Why are they important?

A. They all grow in winter

B. They taste best in soup

C. They grow well together and give balanced nutrition

D. They are all different colors

8. What does “Relationship to Self” mean?

A. How you take care of yourself

B. How you care for animals

C. How you build a house

D. How you talk to a doctor

9. Which of these outside influences (outside your body) affects your health?

A. Where you live (your zip code)

B. Drinking water

C. Eating lunch

D. Brushing your teeth

10. Which kind of doctor focuses on using nature, nutrition, and herbs to support healing?

A. MD (Medical Doctor)

B. ND (Naturopathic Doctor)

C. DC (Chiropractor)

D. PT (Physical Therapist)

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11. Why is sleep important?

- A. It helps your body and brain rest and grow**
- B. It makes your hair longer
- C. It helps you run faster instantly
- D. It replaces eating food

12. What makes up most of your body?

- A. Bones
- B. Hair
- C. Water**
- D. Blood

13. What happens if you look at a phone or iPad right before bed?

- A. It helps you fall asleep faster
- B. It makes it harder to fall asleep**
- C. It makes your hair grow
- D. It gives you stronger muscles

14. Spending time in nature, like walking barefoot or being around trees, can:

- A. Make your muscles not work better
- B. Make your feet more tender
- C. Stop you from ever getting tired
- D. Make your body feel better**