

## Health Science Pre-Assessment 10-13 KEY

1. Which of the following is important for keeping your brain sharp as you grow older?

- A. Regularly exercising to keep your body strong
- B. Getting at least 8 hours of sleep every night**
- C. Eating only vegetables
- D. Drinking soda to stay awake

2. What's the best way to make healthy food choices when there are so many ads for unhealthy foods?

- A. Ignore all food ads and eat only what you like
- B. Ask if the food is real and has good nutrients to help you grow strong**
- C. Only buy foods that are low in calories
- D. Follow what your friends are eating

3. How can stress affect your health over time?

- A. It can make you more energetic and excited
- B. It doesn't affect your health
- C. It can weaken your immune system and make you sick**
- D. It helps you learn faster and concentrate better

4. What does "nutrient density" mean when it comes to food?

- A. The amount of food in a portion
- B. The number of calories in the food
- C. The number of vitamins and minerals in the food, compared to the calories**
- D. How tasty the food is

5. Which of the following is a sign that your body might not be getting enough water?

- A. Your skin feels soft and smooth
- B. You feel thirsty and get headaches**
- C. You're feeling extra energetic
- D. You feel full after drinking water

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6. What is one of the best ways to help your bones grow strong during childhood?

- A. Eat only sugary snacks and drinks
- B. Drink plenty of soda
- C. Do weight-bearing exercises like jumping or running**
- D. Avoid eating fruits and vegetables

7. How does the food you eat affect your mood and focus?

- A. It doesn't affect your mood or focus
- B. Eating too much junk food makes you feel happy and focused
- C. Healthy food, like fruits and vegetables, can help you stay calm and focused**
- D. Eating a lot of sugar makes you more focused and energized

8. Why is sleep important for your health?

- A. Sleep doesn't matter, it's just for rest
- B. Sleep helps your brain grow and helps repair your muscles**
- C. You only need sleep when you feel tired
- D. Sleeping too much makes you feel lazy

9. Which of these foods is the most nutrient-dense, meaning it provides the most nutrients in one small portion?

- A. A candy bar
- B. A bowl of ice cream
- C. A handful of mixed nuts and seeds**
- D. A sugary drink

10. How does exercise help your brain?

- A. It only helps your muscles, not your brain
- B. It helps your brain stay sharp by increasing blood flow and oxygen**
- C. It makes you feel tired and sleepy
- D. It can make you feel stressed and anxious