

Natural Therapeutics Pre-Assessment

1. What does physical therapeutics mean?

A. Using only medicine to heal

B. Using physical inputs like movement and touch to support the body

C. Eating healthy food

D. Talking about emotions

2. Which of these is an example of a physical input on the body?

A. Thinking

B. Sleeping

C. Movement, touch, or sound

D. Reading

3. How can posture affect how your body feels over time?

A. It can cause comfort or strain in the body

B. It has no effect

C. It only affects your mood

D. It only affects your height

4. What is one daily habit that can help support healthy movement?

A. Sitting all day

B. Slouching

C. Avoiding movement

D. Standing and sitting with good posture

5. When might you use cold instead of heat on the body?

A. For swelling or a new injury

B. For tight muscles

C. For relaxation

D. Before exercise

6. What is environmental medicine?

A. Studying animals

B. Understanding how the environment affects health

C. Exercising outdoors

D. Cooking healthy food

7. Name one thing in your environment that can affect your health.

A. Only food

B. Only water

C. Air, water, or chemicals

D. Only air

8. How can clean air and water support the body?

A. They do not help

B. They only help plants

C. They only affect breathing

D. They help the body function properly

9. What is one way to reduce exposure to harmful substances?

A. Choose cleaner products and fresh air

B. Ignore them

C. Use more chemicals

D. Stay indoors all the time

10. Why is sunlight important for health?

A. It makes you tired

B. It helps the body make vitamin D and supports the body's natural sleep-wake (circadian) rhythm

C. It has no effect

D. It only warms the body

11. How can thoughts and emotions affect the body?

A. They cannot

B. Only emotions matter

C. They can affect how the body feels and functions

D. Only thoughts matter

12. What is one healthy way to express emotions?

A. Ignore them

B. Yell at others

C. Hide them

D. Talk to someone or write about them

13. Why is it important to talk about feelings with others?

A. It helps process emotions and feel supported

B. It is not important

C. It wastes time

D. It makes things worse

14. What is stress?

A. Always a good thing

B. The body's response to challenges or pressure

C. Only physical pain

D. Something that never affects kids

15. Name one way the body feels when it is stressed.

A. Always relaxed

B. Taller

C. Tense or uncomfortable

D. Hungrier only

16. What is one healthy way to manage stress?

A. Ignore it

B. Eat junk food

C. Stay awake longer

D. Deep breathing or movement

17. Why does the body need food?

A. For energy and building the body

B. For entertainment

C. Only for taste

D. To pass time

18. What is one example of a healthy food?

A. Candy

B. Soda

C. Chips

D. Fruits or vegetables

19. Why is drinking water important?

A. It is not important

B. Only for athletes

C. It helps the body stay hydrated and function well

D. Only when sick

20. What can happen if someone eats too much processed food?

A. Nothing

B. They become stronger

C. They grow taller

D. It can negatively affect health

21. What is a supplement?

A. A type of exercise

B. Something added to support nutrition

C. A food group

D. A drink only

22. When might someone need a supplement?

A. When they are not getting enough nutrients from food

B. Never

C. Always

D. Only for taste

23. What is homeopathy?

A. Surgery

B. A system of medicine using small doses to support healing

C. Only herbal tea

D. Exercise therapy

24. What does “like cures like” mean in homeopathy?

A. Opposites heal

B. Strong doses heal

C. Only food heals

D. A substance that causes symptoms can help heal similar symptoms

25. What is one idea from eastern medicine about health?

A. Health is random

B. Only muscles matter

C. Balance in the body is important

D. Only medicine heals

26. What is one example of a practice from eastern medicine?

A. Surgery

B. Acupuncture or tai chi

C. Video games

D. Sleeping

27. What is one example of Native American healing practices?

A. Using plants, ceremony, or connection to nature

B. Ignoring nature

C. Only medication

D. Technology only

28. Why is connection to nature important in traditional healing systems?

A. It is not important

B. Only for fun

C. It replaces food

D. It supports balance and well-being

29. What is herbal medicine?

A. Using chemicals only

B. Using plants to support health

C. Only exercise

D. Only water

30. What is hydrotherapy?

A. Using light for healing

B. Using sound for healing

C. Using food for healing

D. Using water (hot or cold) to support health