

**7th Grade OCPE 1st Six Weeks Test****Multiple Choice**

Identify the letter of the choice that best completes the statement or answers the question.

- \_\_\_\_\_ 1. Juanita wants to play the lead in the spring play at school. This is an example of  
a. self-esteem. c. the decision-making process.  
b. a goal. d. a consequence.
- \_\_\_\_\_ 2. Something that might take you years to accomplish is  
a. a long-term goal. c. a value.  
b. a short-term goal. d. an interest.
- \_\_\_\_\_ 3. A setback  
a. keeps you from ever succeeding. c. can be a learning opportunity.  
b. represents failure. d. outlines the steps to reach a goal.
- \_\_\_\_\_ 4. What is one way to cope with a setback?  
a. Work on something else. c. Stop setting goals.  
b. Give up entirely. d. Change goals.
- \_\_\_\_\_ 5. A goal is  
a. a step you take to achieve something.  
b. something you want and are willing to work for.  
c. something you aren't interested in.  
d. something that is easy to achieve.
- \_\_\_\_\_ 6. Checking your progress toward a goal is  
a. usually not necessary. c. important only for long-term goals.  
b. one part of an action plan. d. usually quite difficult to do.
- \_\_\_\_\_ 7. Goal setting is  
a. the same for everyone.  
b. something you should only do at school.  
c. an individual thing.  
d. not important.
- \_\_\_\_\_ 8. The substances in food that your body needs to function properly are called  
a. diets. c. digestion.  
b. nutrients. d. fats.
- \_\_\_\_\_ 9. What causes Angela to eat a lot without exercising and not gain weight, while Martha eats less, exercises more, but still gains weight?  
a. protein c. fat  
b. vitamins d. metabolism
- \_\_\_\_\_ 10. Nutrients that are building blocks for your body are  
a. fats. c. proteins.  
b. minerals. d. Calories.
- \_\_\_\_\_ 11. You may become dehydrated if you do not get enough  
a. fat. c. protein.  
b. vitamins. d. water.
- \_\_\_\_\_ 12. Your \_\_\_\_\_ is how you feel about and see your body.  
a. self-esteem c. nutrition  
b. diet d. body image

- \_\_\_\_\_ 13. Gina eats only one meal a day. All she eats is a salad. Gina may suffer from
- bulimia nervosa.
  - binge eating disorder.
  - anorexia nervosa.
  - None of the above
- \_\_\_\_\_ 14. Lori eats a big dinner every night and then takes three laxatives. Lori may suffer from
- bulimia nervosa.
  - binge eating disorder.
  - anorexia nervosa.
  - None of the above
- \_\_\_\_\_ 15. A typical meal for Hanson includes three hamburgers, two hot dogs, a dozen cookies and two sodas. Hanson may suffer from
- bulimia nervosa.
  - binge eating disorder.
  - anorexia nervosa.
  - None of the above
- \_\_\_\_\_ 16. An estimate of how much you should weigh depending on your height and body frame is called your
- body mass index.
  - metabolism.
  - healthy weight range.
  - body image.
- \_\_\_\_\_ 17. The balance between the Calories you eat and the Calories you use is called
- body mass index.
  - healthy weight range.
  - metabolism.
  - energy balance.
- \_\_\_\_\_ 18. A \_\_\_\_\_ is an energy-storage nutrient.
- carbohydrate
  - fat
  - protein
  - mineral
- \_\_\_\_\_ 19. The \_\_\_\_\_ shows serving, Calorie, and ingredient information.
- Nutrition Facts Label
  - Dietary Guidelines for Americans
  - Food Guide Pyramid
  - body mass index
- \_\_\_\_\_ 20. A calculation that can help you determine your healthy weight range is called your
- metabolism.
  - eating disorder.
  - body mass index.
  - body image.
- \_\_\_\_\_ 21. A \_\_\_\_\_ supplies the body with energy for building and repairing tissues.
- carbohydrate
  - fat
  - protein
  - mineral
- \_\_\_\_\_ 22. Which is NOT part of the Nutrition Facts label?
- serving size
  - ingredients
  - calories per serving
  - portion size
- \_\_\_\_\_ 23. The primary person responsible for your health and wellness is
- your parents.
  - your teachers.
  - your peers.
  - yourself.
- \_\_\_\_\_ 24. Wellness is achieved by balancing
- your school and home life.
  - your physical, mental, social, and emotional health.
  - your exercise time and social time.
  - your commitments to family, friends, school, and social activities.
- \_\_\_\_\_ 25. Peers play an important part in your social health because they
- were the first to influence your behavior.
  - set the standards for your actions.
  - can influence the choices you make.
  - are responsible for your health.