

**Preparing for Life and Career © 2013**  
**Chapter 15: Promoting Good Health—Interactive Quiz Questions**

- \_\_\_\_\_ 1. The term used to describe the total health that relates to your physical, mental, and social well-being is \_\_\_\_\_.
- A. happiness
  - B. health
  - C. wellness
  - D. stress
- \_\_\_\_\_ 2. An invisible film of bacteria that forms on your teeth is \_\_\_\_\_.
- A. plaque
  - B. tartar
  - C. a cavity
  - D. dandruff
- \_\_\_\_\_ 3. A hard, crusty substance on the teeth is called \_\_\_\_\_.
- A. plaque
  - B. tartar
  - C. a cavity
  - D. dandruff
- \_\_\_\_\_ 4. Which of the following is *not* an effective method of handling stress?
- A. Talk with someone about the situations you are facing.
  - B. Get your feelings out in the open.
  - C. Ignore the problem until it goes away on its own.
  - D. Get plenty of rest, eat a balanced diet, and be physically active.
- \_\_\_\_\_ 5. The colorless and odorless drug found in tobacco is \_\_\_\_\_.
- A. alcohol
  - B. nicotine
  - C. smoke
  - D. caffeine
- \_\_\_\_\_ 6. When a person craves a drug for the feeling it provides or because it provides an escape from reality, they have \_\_\_\_\_.
- A. control over the drug
  - B. control over his or her thinking patterns
  - C. a physical dependence
  - D. a psychological dependence
- \_\_\_\_\_ 7. The R.I.C.E treatment can be used to treat \_\_\_\_\_.
- A. sprains and strains
  - B. scrapes and cuts
  - C. fevers
  - D. electric shock

Name \_\_\_\_\_ Date \_\_\_\_\_

- \_\_\_\_\_ 8. Drowsiness, mental confusion, burns or redness, and vomiting are all possible symptoms of \_\_\_\_\_.
- A. burns
  - B. scrapes and cuts
  - C. poisonings
  - D. dental injuries
- \_\_\_\_\_ 9. Using a drug for a purpose other than one for which it was intended is \_\_\_\_\_.
- A. drug abuse
  - B. alcoholism
  - C. an immunization
  - D. physical dependence
- \_\_\_\_\_ 10. Treatments that help people's bodies develop antibodies to resist certain diseases, such as polio, tetanus, or measles are called \_\_\_\_\_.
- A. over-the-counter medications
  - B. immunizations
  - C. sterilizations
  - D. calamine lotion