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| **STEPS TO WELLNESS**Lesson OneReview Questions |
| T | F | (True or False) |
|[ ] [ ]  1. | The leading cause of death in the United States is vehicle accidents |
|[ ] [ ]  2. | Foods rich in complete carbohydrates are the best energy foods and should make up the majority of our diet |
|[ ] [ ]  3. | Animal products are a good source of protein |
|[ ] [ ]  4. | Most Americans are getting adequate exercise from their normal daily activities |
|  |  |  |  |
| Multiple Choice Questions*Indicate your answers by checking the letter you think is most correct* |
| 5. | We should drink: |
|[ ]  A. | Mostly fruit juice that does not have sugar added |
|[ ]  B. | Only when we feel thirsty |
|[ ]  C. | 7-8 glasses of water every day |
|[ ]  D. | All of the above |
|  |  |  |  |
| 6. | The word “temperance” really means: |
|[ ]  A. | Not using drugs |
|[ ]  B. | Avoiding things that are harmful and using in moderation, things that are good |
|[ ]  C. | Doing everything in moderation |
|  |  |  |  |
| 7. | In order to cope with the pressures of daily life, we need |
|[ ]  A. | 7-8 hours of quality sleep |
|[ ]  B. | Adequate relaxation periods to release tension |
|[ ]  C. | Recreation |
|[ ]  D. | All of the above |
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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
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