Give Every Child a Chance: Health Education Program - Spring 2020

Part One: Stress and Self-Care

1) Stress is worry that can make your body and mind feel bad.
   A) TRUE B) FALSE

2) Stress may make you sleep or eat too much or not want to sleep or eat.
   A) TRUE B) FALSE

3) Stress includes feeling happy and calm.
   A) TRUE B) FALSE

4) Sometimes stress can be good and help us.
   A) TRUE B) FALSE

5) Which of the following is good self-care:
   A) Eat Healthy B) Drawing C) Deep Breathing D) All of the above

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Part One: Carbohydrates **2-POST**

1) Carbohydrates are sugars, starches and fibers found in food.
   A) TRUE B) FALSE

2) There are good carbs and bad carbs.
   A) TRUE B) FALSE

3) Candy and juice are good carbs.
   A) TRUE B) FALSE

4) Complex carbs give lasting energy.
   A) TRUE B) FALSE

5) Good carbohydrates are:
   A) Beans B) Whole Grains C) Fruit and Vegtables D) All of the above

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