
Grade 4 Pre/Post-Test – Questions

- 1. What should you do to deal with a conflict?**
 - A. Talk loudly
 - B. Compromise with the other person
 - C. Do nothing and hope it goes away
 - D. Bully others
- 2. Many types of violence are associated with drug and/or alcohol use?**
 - A. Yes
 - B. No
- 3. Being in after school programs and activities can help to keep you healthy and safe.**
 - A. Yes
 - B. No
- 4. The protective outer layer of teeth is called _____.**
 - A. Dentin
 - B. Pulp
 - C. Enamel
 - D. Crown
- 5. Which of the following is true about teeth?**
 - A. They must be straight.
 - B. They help you to speak.
 - C. They can't decay.
 - D. They hold your tongue in your mouth.
- 6. What is the best way to keep your teeth healthy?**
 - A. Brush your teeth everyday
 - B. Brush and floss your teeth everyday
 - C. Chew sugarless gum after eating
 - D. Drink water after eating
- 7. Which is the best way to avoid cavities?**
 - A. Get sealants and don't worry about brushing.
 - B. Eat only healthy foods and rinse with water.
 - C. Brush and floss once a day.
 - D. Get sealants, and brush and floss daily.
- 8. Who fits people for braces?**
 - A. Oral surgeons
 - B. Dentists
 - C. Orthodontists
 - D. Dental hygienists
- 9. What types of foods can help prevent disease?**
 - A. Foods high in fiber and low in fat.
 - B. Foods high in salt and low in fat.
 - C. Foods high in fat and low in fiber.
 - D. Foods high in fat and high in salt.
- 10. Foods that have many calories and few nutrients are not very healthy to eat.**
 - A. Yes
 - B. No
- 11. What happens to the body if you eat more calories than your body needs?**
 - A. You stay healthy.
 - B. You gain weight.
 - C. You loose weight.
 - D. You avoid obesity.
- 12. What is the best way to find out how much fat and sugar is in a food?**
 - A. Buy cheap foods
 - B. Read food labels
 - C. Buy foods that look good
 - D. Read food advertisements

13. The _____ section of a food label shows serving sizes number of calories.
- Ingredient
 - Expiration date
 - Nutrition facts
 - Preservative
14. The addictive drug found in tobacco is _____.
- Nicotine
 - Caffeine
 - Alcohol
 - Aspirin
15. How does being smoke-free help your lungs?
- Keeps your lungs from ever getting a disease.
 - Keeps your lungs from taking in oxygen.
 - Keeps your lungs healthy.
 - It has no effect on the lungs.
16. It is easy for a person to quit smoking.
- Yes
 - No
17. Smoke from cigarettes only harms people who are smoking. It cannot harm people who don't smoke.
- Yes
 - No
18. What should you do if you are alone and a stranger tries to enter your home?
- Call your friend
 - Call 911
 - Hide in your basement
 - Let the stranger enter
19. When you feel upset, it is best to _____?
- Hit someone
 - Yell at someone
 - Talk to someone you trust
 - Eat
20. There are both healthy and unhealthy ways to deal with your emotions.
- Yes
 - No
21. What should you do if someone touches you in a bad way?
- Laugh it off
 - Forget about it
 - Keep it a secret
 - Tell a trusted adult
22. Chemicals that affect your emotions and your body are called _____.
- Proteins
 - Hormones
 - Enzymes
 - Amino acids
23. Which of the following is an example of good hygiene?
- Talking to your friend
 - Taking a bath
 - Going to a baseball game
 - Going to school
24. What is the best way to protect yourself from germs?
- Wash your hands often
 - Take aspirin
 - Don't play outside when it is cold
 - All of the above are ways to protect myself from germs
25. You can get sick from touching someone else's body fluids.
- Yes
 - No
26. Prescription and over-the-counter medicines are examples of _____.
- Illegal drugs
 - Legal drugs
 - Street drugs
 - Inhalants

27. HIV attacks the _____ system which helps your body fight germs.
- Digestive
 - Immune
 - Respiratory
 - Nervous
28. You can get HIV from hugging someone.
- Yes
 - No
29. One way to protect yourself from HIV is by not touching someone else's blood.
- Yes
 - No
30. What is a sign of a good friend?
- someone who pressures you
 - someone who makes fun of you
 - someone who doesn't pressure you
 - someone who tries to control you
31. AIDS will go away if a person forgets about it.
- Yes
 - No
32. What are the names of the bones found behind the ear drum?
- Organ of corti, cochlea, Eustachian tube
 - tibia, fibula, sternum
 - hammer, anvil, stirrup
 - Horseshoe, hammer, oval window
33. Your brain helps you understand sounds.
- Yes
 - No
34. If someone is mowing their lawn, what is the best way for them to protect their hearing?
- Listen to music with headphones
 - Wear ear plugs
 - Mow real fast
 - Ignore the noise
35. How can you help people with hearing problems?
- Yell at them
 - Don't talk to them
 - Be patient with them
 - Laugh at them
36. Jackhammers and bulldozers make noises that can harm people and the environment.
- Yes
 - No
37. Exercise can help to prevent heart diseases.
- Yes
 - No
38. _____ is a bone disease that may be slowed by exercising.
- Heart disease
 - Osteoporosis
 - Cancer
 - AIDS
39. What can you do when you feel too stressed?
- Eat more healthy foods.
 - Take a legal drug.
 - Ignore the stress.
 - Exercise.
40. If you don't warm up before you exercise, you might get _____.
- Cold
 - Tired
 - Injured
 - Sick