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| **STEPS TO WELLNESS**  Lesson One  Review 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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