

Health (Grades 5–12)

Subtest 2 Sample Items

1. Which of the following behaviors is considered to be a primary indicator of positive mental health?

- A. repressing negative feelings and worries about the future
- B. maintaining uniform expectations and standards of behavior throughout life
- C. voicing opinions when in the company of people whose value systems differ from one's own
- D. demonstrating resiliency in the face of adversity and maintaining emotional balance

2. Which of the following strategies is an important component of active listening that promotes effective interpersonal communication?

- A. ignoring the nonverbal cues and gestures used by a speaker that are inconsistent with the speaker's verbal message
- B. paraphrasing a speaker's message and asking questions to validate and clarify the purpose and meaning of the message
- C. relying primarily on logic and objectivity rather than empathy to interpret a speaker's thoughts and feelings
- D. quickly forming judgments about a speaker's intended meaning based on the speaker's tone rather than the message itself

3. A high school student is using the Internet to do research for a report on the relationships between middle school students' body weight perceptions, dieting behaviors, and feelings of well-being and satisfaction with life. The best indication that the material on a Web site is reliable is that the site:

- A. contains information from reputable professional and educational sources.
- B. includes the author's name, profession, background, and credentials.
- C. is sponsored by a well-known pharmaceutical company.
- D. indicates that the information was recently updated.

4. Before assigning a new chapter in the health education textbook, a teacher regularly walks students through the chapter's headings and subheadings. The teacher also encourages the students to read the chapter's introduction and summary before they read the entire chapter. These practices promote comprehension of a health education text most directly by helping the students:

- A. determine what is most important to learn from their reading.
- B. match new vocabulary words in the text to the words' definitions.
- C. identify supplemental materials that are relevant to their reading.
- D. analyze the text from multiple viewpoints and perspectives.

5. Which of the following functions is a major responsibility of the U.S. Food and Drug Administration?

- A. regulating health insurance, the cost of health-care products and procedures, and reimbursement rates for medical expenses
- B. ensuring that over-the-counter medications, prescription drugs, and medical devices are accurately represented to the public
- C. inspecting, labeling, and ensuring the safe handling and preparation of beef, pork, lamb, and poultry products
- D. conducting premarket studies to check the safety and efficacy of dietary supplements manufactured in the United States

Answer Key

Item Number	Correct Response	Subarea	Objective
1	D	I. Mental, Social, and Family Health	0008
2	B	I. Mental, Social, and Family Health	0009

Item Number	Correct Response	Subarea	Objective
3	A	II. Health Advocacy and Literacy	0012
4	A	III. School, Community, and Environmental Health	0014
5	B	III. School, Community, and Environmental Health	0016

[↑ Top of Page](#)

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Evaluation Systems, Pearson, P.O. Box 226, Amherst, MA 01004