

Name _____

Date _____

Grades
4th & 5th

Emotional Changes During Puberty

* Quiz 3 *

short answer: (3 pts.)

1. What do Body Image and Self-Esteem have to do with one another? For many teens they are one and the same. For some women, they feel the way they look can determine their value. They both need to be good for you to be healthy. Any answer that shows they understand the connection is acceptable.

/ 3 pts.

Fill in the blank: Write in the correct word to complete the sentence. (1 pt. per blank)

2. Name four ways you can get back in control after a mood swing. Walking, reading, leaving the situation, any of the ways your class brainstormed is acceptable.
3. During adolescence, you might begin to listen less to your Parents and more to your friends' opinions.
4. Healthy self- esteem is when you like yourself.
5. Changing hormone levels are often the cause of mood swings.
6. Your bones need calcium from milk and cheeses in order to grow strong.
7. Most doctors agree that if you want to lose weight, the best way to do it is to exercise, not diet.

/ 10 pts.

vocabulary: Write the definition of each word in the space provided. (3 pts per definition)

8. Self-Esteem: how you feel about yourself as a whole person.
9. Body Image: how you see and/or feel about your physical appearance.
10. Fitness: being in good physical shape or condition.
11. BMI: a number, computed using your height, weight and age that determines the amount of body fat and lean body mass and gauges whether not a person is at a healthy weight.

/ 12 pts.

TOTAL / 25 pts.

Developed by: Valerie Sabbag, Health Educator and curriculum developer.
This lesson was developed in consultation with Dr. Michelle Bourke.

Copyright © 2018 by Toyna J. Chin
All rights reserved.

Toyna chin
www.toynachin.com