

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?

/ 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. _____

3. During adolescence, you might begin to listen less to your _____
and more to your _____ opinions.

4. Healthy self- esteem is when you like _____.

5. Changing _____ levels are often the cause of mood swings.

6. Your bones need _____ 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 _____
_____, not diet.

/ 10 pts.

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

8. Self-Esteem: _____

9. Body Image: _____

10. Fitness: _____

11. BMI: _____

/ 12 pts.

TOTAL / 25 pts.