

Middle School Health Education Assessment

Health Education · Practice Test · 10 Questions

1. Which nutrient is the body's primary source of energy?

- A) Protein
- B) Carbohydrates
- C) Vitamins
- D) Minerals

2. According to the Australian Physical Activity Guidelines, how many minutes of moderate-intensity physical activity should young people aim for daily?

- A) 15 minutes
- B) 30 minutes
- C) 60 minutes
- D) 120 minutes

3. Which of the following is considered a water-soluble vitamin?

- A) Vitamin C
- B) Vitamin A
- C) Vitamin D
- D) Vitamin K

4. What is the primary function of red blood cells in the human body?

- A) Fighting infections
- B) Clotting blood
- C) Transporting oxygen
- D) Digesting nutrients

5. Which term describes the amount of energy provided by food?

- A) Nutrient density
- B) Calorie
- C) Metabolism
- D) Fiber

6. In the context of mental health, what does 'resilience' refer to?

- A) The ability to avoid stress entirely
- B) The capacity to recover quickly from difficulties
- C) Ignoring negative emotions
- D) A medical diagnosis of anxiety

7. Which type of fat is generally considered most harmful to cardiovascular health?

- A) Monounsaturated fat
- B) Polyunsaturated fat
- C) Trans fat
- D) Omega-3 fatty acids

8. What is the main role of fiber in the digestive system?

- A) Providing immediate energy
- B) Helping to regulate bowel movements
- C) Building muscle tissue
- D) Transporting vitamins

9. Which organ is responsible for filtering waste products from the blood?

- A) Liver
- B) Kidneys
- C) Pancreas
- D) Gallbladder

10. What is the recommended amount of sleep for adolescents aged 12-14 years?

- A) 6-7 hours
- B) 8-10 hours
- C) 11-12 hours
- D) 13-14 hours