# L.E.T. REVIEWER BPED

**( P.E. & HEALTH )**

# HEALTH EDUCATION

1. There are several reasons why a person becomes drug dependent or Drug Abuser. Who can help him/her best to get freed from his dependency?

A. Family and friends B. Institutions who cater for this group of people C. Self D. Government

2. There are several ways to prevent from drug addiction. Which of these is the best way to be free from being hooked to drugs?

A. Believe and trust yourself C. Be friendly and go out with friends

B. Have a healthy lifestyle D. Isolate yourself from the crowd

3. Which of the following is not an advantage of the availability of over-the counter drug?

A. Self-administered treatment

B. Feed physician from serving people whose illnesses are worst than them

C. People engaged in self-diagnosis

D. Determined a course for their own treatment

4. Which of the following has pollution the greatest effect?

A. Economic and social planning C. Values

B. People’s physical health D. Technological innovations

5. Hair is as important as the rest of the body parts. Which of the following is not a good reason of why we need to give importance to our hair?

A. It helps insulate our body from cold and heat C. Help sweat from running into our eyes

B. Keep dust and dirt out of our eyes, nose and ears D. They are made of dead a cell that needs to be

Nourished.

6. Labels can help consumer compare and evaluate health products especially on drugs because\_\_\_\_.

A. Tells about the side effects C. Tells about the ingredients

B. It gives the price D. It includes expiration dates

7. The danger of burns depend on\_\_\_\_\_\_\_\_\_.

A. Depth , size and location C. Depth and location only

B. Size, location but not depth D. Depth, size but not location

8. Water is vital to all living things. What is the percentage of water in our body?

A. 65 to 70% B. 75% to 100% C. 55% to 65% D. It depends on the size and age of a person

9. If you are caught in an open area during lightning, lying down on a dry land is the best way to avoid accident. Which of these is not the reason of such decision?

A. Water is a conductor of electricity C. Those inside the building are often struck by lightning

B. The tallest building is often hit by lightning D. Tall and isolated trees are commonly hit by lightning

10. A victim of car accident has pain in his neck. Upon checking, you found out the neck is swollen and tender. What should you do?

A. Ask the patient to remain quite and not to move C. Ask the patient to bend his head from side to side B. Splint the neck D. Ignore it and tell the patient, it is nothing

11. Which of the following is not an effect of changes in the atmosphere?

A. Agriculture and industrial consumer practices C. Water pollution

B. Cutting of trees which consume carbon dioxide D. Noise pollution

12. Drug is considered a friend because\_\_\_\_\_\_\_

A. It treats anxiety and tensions C. It is used as anesthetics for surgical procedures

B. Of its overall medical importance D. It treats different diseases

13. There are four critical areas of the body. What are they?

A. Face, feet, hands and genitals C. Hands, feet, arms and legs

B. Torso, genitals, feet and legs D. Head, chest, hand and genitals

14. During earthquakes one has to observe the following except:

A. If outdoor get away from buildings C. If indoors stand in a doorway

B. Get out of the car and run inside a building for safety

C. If indoors stand in a doorway

D. If swimming out in the sea, get to the shore as fast as possible

15. A conscious victim has broken leg and blood is gushing from a big cut on the arm. What would you do first?

A. Splint the leg B. Stop the bleeding C. Check the breathing D. Raise his arm

16. Wrong use of drugs can cause great harm to our body. Which of the following should we practice to get the full benefit from drug?

A. Illegal use of drug C. Following the correct dosage

B. Taking drugs for a different purpose

C. Following the correct dosage

D. Taking a substance for its intended use but not in appropriate amount

17. Certain types of wastes are classified as hazardous wastes, which of these has the greatest hazardous effect on mankind?

A. Lead and mercury B. Nuclear waste C. Garbage D. Chemical waste

18. One of the following is not a common reason why people lack safety aware ness, what is it?

A. Ignorance and lack of caution B. Education C. Person’s emotional state D. Peer pressure

19. Checking the victim’s breathing is important. This is because

A. A few minutes without oxygen can cause brain damage

B. An aider needs to decide if the patients needs CPR

C. To find out if the patient is still alive

D. Anything that blocks the victim’s mouth or throat should be removed

20. Problems such as tooth decay can be prevented by the following

A. Eat a balance diet low in sugar C. See dentist regularly

B. Brushing teeth thrice a day D. Eat sweet foods and high in cholesterol

21. There are different ways to stop bleeding but what among the following is the best first aid to simple cuts?

A. Tourniquet B. Direct pressure C. Inhalation D. None of these

22. An accident is an event that cannot be predicted. Which of these is not an element that characterized accidents?

A. Accidents can make us rich because of insurance B. Accidents may result to damage to properties

C. Accidents may result to unsuccessful performance D. Accidents may happen anytime to anyone

23. The following are first aid treatment for Open Wound. Which of these is to be avoided?

A. Clean wound with soap and water

B. Use hydrogen peroxide to clean the wound

C. Clean out all the dirt

D. Apply any ointment even if the wound has not been cleaned yet

24. You have been advised to take antibiotics for your skin disease. But because you are so busy you forgot to take one after lunch. What would you do?

A. Take one right away and adjust the frequency of medicine intake C. Double the dosage in the evening

B. Shift to a much higher milligram  D. Discontinue taking the pills

25. There are different ways of reducing personal pollution. What among the following is not recommendable?

A. Preserving the air C. Reducing solid and chemical waste

B. Preserving the water D. Depend on the program of different health organization

26. This is the first thing to do in an emergency.

A. Rescue the victim C. Check victims breaths B. Give CPR D. Treat wounds

27. Heart attack involves a clot in one of the blood vessels that supply the heat. What of the following should be avoided

A. Remove the victim from the source of heat

B. Open the airways

C. Cool the patient by means of cold water bath or cold moist towel

D. Watch out for convulsions or vomiting

28. IT is a drug primarily employed in surgery on the membranes lining the nose and throat.

A. Shabu B. Cocaine C. Barbiturates D. Amphetamines

29. Second degree burns has\_\_\_\_\_.

A. Open tissues B. Few or no blisters C. Black painful blisters D. Red blisters

30. What is the most common reason why people turn to drugs?

A. Forced by parents B. Curiousity C. Necessity D. Drugs are available

31. It is the branch of public health that is concerned with all aspects of the natural and environment that may affect human health.

A. Safety Education C. Community Health

B. Environmental Health D. Environmental Pollution

32. An old woman is unable to move one side of her body, her speech is hard to understand. She might be suffering from\_\_\_\_\_\_

A. Heat stroke B. Stroke C. Heat exhaustion D. Heart attack

33. It slows down the brain function and other parts of the nervous system

A. Chocolate B. Alcohol C.Coffee D. Tea

34. It is prescribed to control extreme pain

A. Sedative B. Antibiotic C. Morphine D. Opium

35. This is a simple scrape-type wounds which can be contaminated and infected due to dirt and bacteria

A. Laceration B. Punctured C. Incision D. Abrasion

36. What drugs increase heart rate, blood pressure and breathing rate?

A. Inhalants B. Depressants Hallucinogens C. Depressants D. Stimulants

37. First degree burns could be treated first by \_\_\_\_\_\_

A. Ordinary water sprinkle C. Application of burn ointment

B. Pouring oil on the affected area D. Pouring cold water on the burn

38. How does first aider check breathing of victims?

A. check the pulse at the neck C. ask the patients

B. check the eyes D. Listen at his breathing

39. Prevention of drug addiction is the responsibility of

A. Parents B. Government C. Self D. None of these

40. In hair spa treatment, scalp is massaged for at least 10 minutes after shampooing. After the shampoo, a deep conditioning mask is applied and it should be massaged for:

A. 10- 15 minutes B. 20-25 minutes C. 25-20 minutes D. 20-30 minutes

41. This is a simple scrape type which can be contaminated and infected due to dirt and bacteria

A. Laceration B. Puncture C. Incision D. Abrasion

42. What drugs are used to treat people who have trouble sleeping?

A. Sedative B. Tranquilizer C. Alcohol D. Antibiotics

43. A person with symptoms such as fever with chills, muscle aches, nasal congestion and sore throat is suffering from:

A. Pneumonia B. Common colds C. Typhoid D. Bronchitis

44. What will you check after you rescue a little girl from the bottom of a pool?

A. Breathing C. Pulse B. broken bones D. Head injury

45. The protection & wise use of natural resources by using less of the materials we take from the environment.

A. Recycling B. Reducing C. Conservation D. Re-using

46. An injury in which the end of the bone comes out of its joint, swollen and deformed is called\_\_\_\_\_\_.

A. Sprain B. Strain C.Dislocation D. Fracture

47. To lessen assaults, the following should be observed except:

A. Tell a stranger that you are alone that is why you cant entertain them

B. Keep door locked

C. Walk with friends and avoid deserted areas

D. Do not bring valuable if alone

48. The following are signs for shocks except:

A. Rapid, shallow breath C. Blue lips B. Pinkish skin D. Nausea and weaknesses

49. Healthy skin is one of the things people see when they look at you. What are essentials for healthy skin?

A. A regular body scrub

B. Taking vitamins needed for healthy skin

C. A balanced diet, regular exercise and sleep

D. Bathing regularly and applying lotion

50. A stretched or torn muscles or tendons is called\_\_\_\_\_

A. Strain B. Sprain C. Fracture D. Dislocation

51. Health teachers play important role in the health assessment of students. In addition to their skillful observations, they have access to a variety of health information concerning each student. Which of the following records provide a rich source of background and current information that can be useful in promoting good health and identifying potentially handicapping situation? T

A. Class Register C. Annual Medical Examination Record

B. Permanent Health Record D. Health Screening Record

52. In order to help the school-age child to function very well while at school, the school health team is tasked to monitor their health status as part of their routine work. The following are members of the school health team except:

A. Nurse B. Health teacher C. Parent D. Barangay Chairman

53. Jennie’s health teacher has recently become concerned about her ability to see. He has noticed that he looks very closely to the instructions on the board and most of the time bumps into objects inside the classroom and in the corridors. Which of the following is the best way that the teacher can do to help Jennie with her problem?

A. Use Jenny’s record on visual acuity for referrals

B. Call for a conference with the parents regarding the problem

C. Refer Jennie to the nearest health center

D. Send Jennie to the school clinic for referral

54. All of the following are some uses of the student’s health record except for

A. Coordinating services B. Research C. Medication D. Developing intervention program

55. Stephanie Rani, age 16, refuses to drink milk or eat vegetables except corn and carrots. What methods are available for Teacher Joyce to evaluate the nutritional adequacy of her diet?

A. Biochemical assessment C. Anthropometric assessment

B. Dietary assessment D. Wellness assessment

56. While playing basketball in the gymnasium, Marlu shouted for help as he fell on the floor. Teacher Ivy immediately ran to the site to see what happened She saw that Marlu was in pain and pointing to his left ankle. Unluckily, there was no nurse on duty. The nurse comes only on Fridays. What is the best way to help Marlu?

A. Shout for help and give first aid C. Call for the parents

B. Bring Marlu to the nearest health center D. Carry Marlu to the hospital

57. Poor health practices and habits are responsible for many of today’s health problems. The Health Education subject offered in the Basic Education Curriculum somehow helps improve the overall quality of the student’s health. This component of the Comprehensive School Health Education Program is better known as:

A. Health Promotion C. Health Instruction

B. Health Services D. Health Coordination

58. Involving parents in school’s safety education program encourages consistency of information and practices. This aspect of the Comprehensive School Health Education Program pertains to

A. School site Promotion C. School Health Services

B. School, Family, Community Health Promotion D. School Health Counseling

59. Teaching healthy eating practices taught in school can benefit students from childhood to adulthood but because of other lifestyle a number of health problems are now thought to be directly or indirectly related to food in-take. The following are food-related problems except:

A. Dental carries B. Obesity C. Cardiovascular disease D. Lung cancer

60. As a health education teacher and member of the school health team teacher Sheryl is responsible for the following except

A. To act as “Loco Parentis”

B. To act responsibly to prevent injury to students

C. Assume the role of a clinic personnel when there is no doctor available

D. To Follow school system’s procedure in reporting/filing report of incidence

61. Who among the members of the school health team provides assistance with mathematical calculations of the nutritional values of foods, recipes and menus in the school canteen?

A. School nurse C. Dietician B. Home economics teacher D. canteen manager

62. Filipino children typically eat meals that contain too few \_\_\_\_\_\_.

A. Meat products B. Vegetable products C. Fruits D. Milk products

63. Vitamins are organic substances derived from living substances that are required in small amounts to maintain life. Vitamins do not provide any calories but are essential for a variety of roles, from the processing of nutrients to the formation of red blood cells. The 13 vitamins are categorized as either fat-soluble or water-soluble. Which of the following is fat-soluble?

A. Vitamin B12 C. Vitamin A B. Vitamin C D. Vitamin B6

64. Which of the following is NOT a component of School Health Program?

A. Health Instruction B. Health Protection & Prevention C. Healthful Environment D. Health Services

65. What could probably be the best reason why smoking in public places is prohibited?

A. The cigarette butts could become a litter that will plug the drain age.

B. It contributes to air pollution.

C. It should be done in closed places like the home.

D. Its secondary smoke is bad for the health of people nearby.

66. What food group can a health teacher suggest to very active students in order for them to be provided

with heat and energy?

A. Vitamins C. Carbohydrates B. Protein D. Minerals

67. Labels can help consumer compare and evaluate health products especially on drugs because

A. it gives the prices C.it tells about the possible side-effect

B. it tells about the ingredients  D. it includes the expiration date

68. One of your students have been advised by her doctor to take antibiotics for her skin disease. But because she was so busy doing school works, she forgot to drink one after lunch. What would you suggest to her?

A. Shift to a much higher milligram for much effective effect.

B. Stop taking the medicine anyway you failed to follow the frequency

C. Double the dosage in the evening

D. Take one right away and adjust the frequency of medicine intake

69. Proper waste management starts in the home for health and sanitation. What is the process if discarding waste materials can you share with the people in the community so that they can be used again?

A. Ecology C. Garbology B. Recycling D. Composting

70. In your community extension work, you were tasked to lecture on cancer warning signals. Which of these is not a cancer-warning signal?

A. nagging coughs C. Post natal dip

B. indigestion or difficulty in swallowing  D. Change in bowel movements

71. Republic Act 9275 otherwise known as Philippine Clean Air Act aims to protect the country’s bodies of water from pollution. What primary agency can your school or community linked with to help you with your ecological problem?

A. DOH B. DENR C. Deped D. DPWH

72. Which of the following is most closely referred to as an environmental crisis resulting from high increase in the rate of population growth?

A. Malnutrition B. Migration C. Pollution D. Irrigation

73. If a person is pale and has a faint pulse after an accident, first aid should include.

A. having the person stands still C. giving a stimulant like alcohol

B. having the person lie down D. having the person move around

74. Health Appraisal could be done by the \_\_\_\_\_\_\_\_in the absence of the doctor

A. Health Education Teacher B. Guidance Counselor C. Dentist D. Music Teacher

75. Watching students work and play provides the teacher with many clues about potential health problems. This screening tool is known as

A. Health Observation B. Health Inspection C. Health Screening D. Health Assessment

76. Daily health inspection provides opportunity for informal health education. Health educators can help students develop awareness of their own health through simple questions about many topics such as the following except

A. ”Did you brush your teeth this morning?” C. “Does your neighbor observe traffic rules and regulations?”

B. ” Do you wash your hands before and after eating?” D. “Do you throw your trash in the waste can?”

77. Compared with other components of MAPEH, Physical Education is particularly vulnerable to accidents and injuries due to negligence. Negligence is defined by the court as conduct that falls below a standard of care established to protect others from unreasonable risk or harm. Which of the following describes a kind of negligence that occurs based on the lack of action of the teacher in carrying out a duty.

A. Nonfeasance B. Contributory Negligence C.Torts D. Liability

78. The following are postulates of successful teaching health except

A. The most important factor in the educational process is the teacher

B. There is no one best way to teach

C. Adherence to the diagnostic/prescriptive approach is essential

D. The most important factor in the educational process is the student

79. The kind of evaluation that is concerned with how far, how accurate, how many, how much and how fast. This usually makes use of checklists, anecdotal records, self-evaluation and standardized tests .

A. process evaluation B. Product evaluation C. Content evaluation D. context evaluation

80. To personalize health concepts, students must relate to health instruction from the affective domain. An excellent strategy for achieving this goal is through the use of

A. verbal and discussion-oriented strategies C. action-oriented strategies

B. values clarification strategies D. Use of media

81. Which of the following is not true about healthful school living

A. provision of safe and healthful physical plant

B. good interrelationship among the students, faculty and staff

C. comprehensive curriculum

D. well-maintained school health services

82. How can Teacher Joyce best introduce the proper way of brushing the teeth in one remote community where most students have no toothbrush and money to buy toothpaste?

A. proceed with the lecture using pictures

B. use salt and twigs of any available edible plant

C. demonstration using soap and the index finger for brushing

D. individualized Instruction for those who brought their toothpaste and toothbrush

83. The Health class of Mr. Reyes is composed of drop-outs and regular students whose age ranges from 16 to25 years old. What could be a better way of organizing them for a team project?

A. group them according to age so they can work well

B. let them select their own group so they will not have a problem

C. mix them in a group for cooperative learning

D. let them work as one group with the teacher as the facilitator

84. Some of your students would come in incomplete uniform. How are you going to encourage them to wear the prescribed P.E. uniform?

A. tell them it’s a requirement C. tell them the health and hygienic reason

B. give them additional grade  D. tell them the safety reasons

85. Which of the following strategies is no longer appropriate in the teaching of health concept for fourth year students?

A. Dramatization C. Values clarification B. Debate D. Puppet show

86. The following are possible sources of stress among students except

A. separation of parents C. birth of a brother or sister

B. frequent headaches D. death in the family

87. Which of the following is not nutrition -related issue for athletes

A. fast food craze C. gain-lose height-weight promo

B. junk food culture of students D. propaganda advertisement

88. The following are characteristics of quackery except

A. that it offers of guaranteed, quick cure for an illness with a “miracle” drug or treatment.

B. it underrates traditional medical practice

` C. that it does not use surgery

D. that it uses devices, gadgets, researches to convince patients that their illness is cured

89. Which of the following objectives is correctly stated in affective domain

A. The student will be able to demonstrate positive attitude towards health

B. The student will demonstrate an understanding of cooperation in a group work.

C. The student will be able to develop positive self concept through relevant and positive experiences.

D. The student will be able to help others develop a desirable self-concept.

90. In teaching people in the community, health workers use demonstration to help explain meaningful concepts to students because they involve other senses. The following areas are appropriate for their use except

A. teaching of family planning C. teaching of nutrition

B. teaching of first aid D. teaching of drugs

91. As a health educator, teacher Mary plays a vital role in any of the following except

A. Referral of sick students to the school doctor

B. Counseling of problem students

C. Active role in the safety council of the school

D. Manning the clinic in the absence of a nurse or a doctor

92. Which of the following can help a health volunteer identify the breeding place of mosquitoes in the barangay where the school is located

A. Ocular inspection B. Household Survey C. DOH report D. Students’ report

93. The common cause of fainting among public school students is:

A. Missing breakfast C. Poor school environment B. Hunger D. Extreme weather condition

94. During earthquake or fire drill, the teacher must

A. Be the first to leave to lead the students C. Go with the students

B. Be the last to leave to clear the area D. Be left in the area

95. Students are always reminded to follow school rules and regulations. Which of the following are commonly violated that may pose danger to one’s life

A. Bringing of cellphone B. Bringing deadly weapons C. Bringing drugs D. Joining fraternity

96. Extension programs of the school are usually conducted in the community. Which of the following can be the extension program of first year high school students for their health class

A. Clean and Green B. Peace and Order C. Family Planning D. Drug Free Environment

97. As member of the school health team, the school administrator’s role is

A. To monitor the school health instruction

B. To see to it that the school has a complete medical personnel

C. To ensure the provision of the health services

D. To convene the health council

98. Which of the following is the main reason why students are encouraged to wear complete PE uniform during PE day?

A. For personal hygiene B. For Safety C. For Conformity D. For easy identification

99. Who among the members of the health team can best help students who suffer from depression due to failing grades A. Health teacher B. Subject teacher C. Guidance counselor D. Peer counselor

100. Parents who are members of the health team may help in which of the following concerns?

A. Follow up and home visitation C. volunteer for peer group facilitators

B. volunteer for the health center  D. Coordinate school program with the barangay

101. The most positive way a health teacher can help students see the importance of personal health care as a desirable choice is to increase their awareness of \_\_\_\_\_.

A. The negative consequence of not practicing good habits

B. Ways to take care their senses

C. The enormous responsibility of parents

D. How personal health care promote overall wellness

102. Which of the following statements is the best strategy for a teacher to explain how proper care of the body can influence growth and development?

A. Prepare a handout that lists each body system and three health practices that affect it.

B. Divide the class into six groups, each representing a different body system with the exception of

The reproductive system.

C. Provide students with poster boarder, and ask the students to make a collage of people with

Diverse body types and habits that may influence body functioning.

D. Provide students with handouts containing incomplete statements.

103. Pimples, whiteheads, blackheads, and acne are the results of\_\_\_\_\_.

A. Germs found in the layer of the epidermis

B. Overly active secretion of oil glands in the body

C. Overexposure to the sun

D.Fungal infection

104. The best thing to do for a child with hearing loss is a \_\_\_\_\_\_.

A. Speak very loudly C. Look directly at the child

B. Detect the condition early and get medical attention D. Administer hearing test

105. Students spend so much time during school day sitting at the desk. Which of the following statements will promote good posture upon sitting?

A. The tray of the desk should not be slanted.

B. Slightly bend backward the back of the chair

C. The seat of the desk should not be higher than the hips

D. Desk should be appropriate in height to allow both feet to touch the floor

106. Children who continually pull on their ears or seem to have NO balance and equilibrium should be referred to an \_\_\_\_\_.

A. Otologist B. Opthalmologist C. Dermatologist D. Orthologist

107. Teaching students how to soak his or her hands or feet in warm water for at least 5 minutes is very important because soaking \_\_\_\_\_\_\_\_\_\_.

A. Soaking helps remove bacteria B. Soften the nails and make them easier to trim

B. Softens their skin D. Relaxes both his hands or feet

108. The use of cucumber in your eyelids before going to sleep at night will help\_\_\_\_\_.

A. pupils dilate B. Enhance sleeping habits C. Prevent puffiness D. Prevent eye damage

109. If a person has a seizure while bathing, which of the following procedures should come first?

A. Follow the first aid steps for a seizure C. Call other staff assistance

B. Start the water draining from the tub D. Immediately protect and support the head

110. Ears are special part of the body and like any other organs. We should take good care of them. Which of the following is the safest way to clean your ears?

A. Use cotton swabs C. Be gentle in cleaning your ears

B. Clean your ears once a week D. Clean your ears with wash cloth using your fingers

111. A person who is able to see more than one side of an issue and exhibits good time-management skills is said to possess\_\_\_\_\_ wellness.

A. Occupational B. Social C. Intellectual D. Emotional

112. What healthy alternative can one do to avoid smoking?

A. Hangout with smoking groups C. Join sports club and organizations

B. Try one puff to be part of the group D. Be friendly to smokers

113. If your skin oily then you are prone to pimples, blackheads and white heads. The best way to treat oily skin is \_\_\_\_\_.

A. To wash your face twice a day with a gentle non-foaming cleanser and warm water.

B. To use toner to help with that tight and flaky feeling.

C. Not to use moisturizer

D. To exfoliate

114. A neighbor complains that his children often have diarrhea. What is the best advice you can give him?

A. Clean the house regularly with disinfectants.

B. Do not give the children food bought from street vendors.

C. Tell the children to wash their hands properly and regularly.

D. Throw the garbage in the proper bins immediately.

115. The “ ossicles” are found in the \_\_\_\_\_.

A. Throat B. Ear C. Vertebral column D. Ankle

116. Which is TRUE of tinea flava?

A. Tincture of iodine C. Loss of taste

B. Kind of intestinal parasite D. A fungal skin infection

117. Which eye defect is most commonly associated with aging?

A. Myopia B. Presbyopia C. Astigmatism D. Conjunctivitis

118. Green leafy vegetables belong to which food group?

A. Go foods C. Glow foods

B. Grow foods D. Body- building foods

119. Which among the following has the highest dietary fiber content?

A. 1 cup of cooked sweet corn C. 1medium-sized banana

B. 1 medium-sized raw carrot D. 1 cup of lentils ( “patani” )

120. Which is the best way to manage diabetes ? Help the patient by \_\_\_\_\_.

A. Motivating him/her to look for experimental options

B. Recognizing his/her situation as one shared by many of his/her peers

C. Allowing him/her to anticipate the diatary effects and exercise choices of his/her health

D. By assisting him/her in understanding why he/she developed the disease

121. High Calorie needs and sleep requirements of adolescents are directly related to which of the following?

A. Elevated level of testosterone or estrogen in the body

B. High rates of metabolic activity associated with growth and development

C. Increased level of physical activity beyond those of childhood

D. Increase in stress due to the competing demands of school, family and peer group

122. Which of the following method would be most appropriate for students to develop refusal skills?

A. Have the students role-play various refusal skills

B. Have students hold a lengthy discussion on how to stand up to peer pressure

C. Lecture about the concept of refusal skills

D. Have the students collect and bring in magazines to create collage

123. If you believe that one of your students has a drug problem, which should you do to address this situation?

A. Report the situation to the principal

B. Obtain information about the student behavior

C. Talk with an experienced counselor about setting up intervention

D. Offer your support during treatment

124. Ruby’s habit has gotten out of control. His habit has a negative impact on his health. His characteristics include craving, loss of control, and escalation. Ruby’s behavior indicate \_\_\_\_\_.

A. Intoxication B. Addiction C. Dependence D. Abuse

125. According to the chain of infection model, the use of disposable spoon and fork in food chain controls the spread of communicable diseases primarily by interfering with \_\_\_\_\_.

A. Size of the human reservoir available as hosts to the pathogen

B. Production of large numbers of the pathogen in a host

C. Establishment of the disease in a new host

D. Portal of entry of the pathogen into a new host

126. A family consists of a mother with two children and a father with three children. Each child is biologically related to only one of the adults in the family. Which of the following best describes this family structure?

A. A single-parent family C. An extended family

B. A blended family D. An adoptive family

127. A college student who is waiting for her turn to present an oral report discovers that her heart is pounding and her palms are sweaty. This condition is\_\_\_\_\_.

A. Nervousness B. Heart attack C. Stress D. Shock

128. Pregnancy is most reliably confirmed by \_\_\_\_\_\_.

A. Monitoring changes in daily body temperature C. Having a doctor test for HCG in the blood

B. The absence of two or more periods D. A positive result on a home pregnancy test

129. Fetal alcohol syndrome is associated with which of the following ?

A. Hepatitis B. Developmental disabilities C. Phenylketonuria D. Leukemia

130. John is experiencing stress in the school that may bring on asthma attack. As a Health teacher the best way to respond is \_\_\_\_\_.

A. Call a doctor immediately C. Provide medication

B. Apply inhale and exhale technique D. allow the students to relax

131. Joe is being selected as a class officer in his school and being an officer he has so many responsibilities to do. Although anxiety is produced, it helps him become more effective in physical, social, and psychological functioning. What is Joe experiencing?

A. Distress B. Anxiety C. Eustress D. Depression

132. As a health teacher, what is the best way to deal with student’s distress? Teacher should \_\_\_\_\_.

A. Help the students mentally classify events as they arise and to decide which situations can be

Personally handled.

B. Help them learn to accept responsibility for their own behavior

C. Teach the students to be optimistic

D. Encourage students to reward themselves periodically with emotional or material favors

133. HIV may be transmitted from one individual to another in all of the following ways EXCEPT\_\_\_\_\_.

A. Prenatally from an infected mother to her fetus

B. Through contact made during oral sex

C. Through breastmilk from an infected mother and fed to an infant

D. Genetically from parent to child

134. Jenny is 6- months pregnant. During her pregnancy she experienced some specific illnesses such as

Preeclampsia, pregnancy-included diabetes and infection. This condition is due to the result of \_\_\_\_\_.

A. Lack of physical activity and exercise C. Disturbed emotional well-being

B. Lack of prenatal care D. Lack of proper nutrition

135. Adolescents with type- 1 diabetes can best manage their disease by \_\_\_\_\_

A. Avoiding all non- essential physical activity

B. Eating frequent meals and sugary snacks

C. A rigorous exercise regimen

D. Frequent monitoring of blood sugar and the administration of insulin

136. Strep throat commonly found in the school setting. Which is the best way to prevent the spread of disease?

A.Tell the students to see a doctor

B. Student with sore throat should be excluded from the school until the fever and sore throat are

Gone for twenty-four to forty-eight hours.

C. Allow the student to drink plenty of fluids.

D. Complete bed rest and good nutrition.

137. Which of the following statements should a teacher keep in mind about a child having sickle cell anemia in the classroom.

A. Provide some activity such as games, handicrafts, and music in which the child can excel to gain acceptance with the peer group.

B. Do not allow the student to participate in physical exercises and other strenuous activity.

C. Teacher should be aware of the emotional and social need of the student.

D. Let the student understand his condition thoroughly.

138. Which of the following is not a statue of Republic Act 9288 or Newborn Screening ( NBS ) Act of 2004.

A. Every baby born in the Philippines must undergo NBS.

B. A sustainable NBS system within the public health delivery system must be established.

C. All parents must be aware of NBS.

139. The expanded program on Immunization ( EPI ) ensures that infants, children and mothers have access to routinely recommended vaccines. Which of the following vaccines is NOT included in the epi:

A.Yuberculosis B. Poliomyelitis C. Diptheria D. Cholera

140. A couple wants a long-erm but not permanent family planning method. What would you recommend:

A. Intrauterine device B. Vasectomy C.Bilateral tubal ligation D. Injectable contraceptives

141. When would you no advise HIV testing?

I. Previous history of sexually transmitted disease/s

II. Had male to male sexual intercourse

III. Had intercourse with a sex trade worker

IV. I would advise HIV testing for all the above situations

A. I only B. II only C. III only D. I,II, and III

142. Which of the following is NOT RUE regarding breastfeeding?

A. Excuse breastfeeding can provide adequate nutrition for infants less than 6 months.

B. 7-12 month-old babies need complimentary feeding on op of breast milk o meet their nutritional

Needs.

C. If the mother is not producing milk at the time of the baby’s birth, supplemental formula feeding

Should be given immediately to avoid undernutrition.

D. Lactation prevents the onset of menstruation in the mother thereby contributing to natural family planning

143. What is the best treatment option you can advise for a child who is having diarrhea?

A. Antibiotics B. Antidiarrheal medication C. Gatorade D. Oral rehydration solution

144. If you are to interview a 14 year-old female ,which of the following questions should you ask to determine her overall health ?

I. Do you have a boyfriend? Are you sexually active?

II. Have you ever thought of or tried killing yourself?

III. Do you smoke and/or drink alcoholic beverages?

A. I only B. II only C. III only D. I,II and III

145. The following are TRUE regarding child abuse EXCEPT?

A. Neglect of children constitutes child abuse according o R.A. 7610.

B. Children with chronic medical illness are at risk of being abused

C. Failure to gain weight can be a sign of child abuse

A. I only B. II only C. III only D. I,II and III

146. Which is TRUE about tuberculosis?

A. It is hereditary

B. Using a TB patient’s utensils will make you sick

C. 1 month of treatment is needed to cure the disease.

D. After 2 weeks of medication the patient is no longer infectious

147. Newborns in Dr. Jose Fabella Memorial Hospital are wrapped against their mother’s chest in a direct skin-to-skin contact. Which is LEAST TRUE about this so- called Kangaroo mother care ( KMC )?

A. The hospital lacks enough linen, warmers and beds to provide for all those newborns.

B. This method promotes breastfeeding and early discharge from the hospital.

C. The father can take the mother’s role in the Kangaroo care.

D. Premature babies can benefit from KMC even without putting him in an incubator.

148. The blood vessel that supplies nutrient to the brain is the \_\_\_\_\_.

A. Jugular vein B. Aorta C. Carotid artery D. Superior mesenteric artery

149. Which substance when abused leads to hearing loss, peripheral neuropathies brain damage?

A. marijuana B. Cocaine C. Methamphetamine D. Rubber-based contact cement ( Rugby )

150. Flexion of the knees and extension of the hips are functions of which muscles?

A. Gluteus maximus B. Hamstring C. Quadriceps D. Gastrocnemius

151. Which NOT TRUE of chicken pox?

A. Touching he fluids of chicken pox blisters can get you the disease.

B. Inhalation of airborne droplets from a patient with chicken pox can get you the disease.

C. When the blisters start crusting the patient is no longer contagious.

D. Even after the resolution of the disease the virus remains inactive in certain nerves of our body.

152. The abuse of this substance is notorious for destroying the nasal septum leading to nasal bleeding , loss of sense of smell, chronically runny nose, hoarseness, etc. Which substance is referred to?

A. Heroin B. Marijuana C. Cocaine D. Rubber –based contact cement ( Rugby )

153. Who among the following has the least risk of having a heart attack?

A 47-year-old female C. A female with a body mass index (BMI) of 30

B. A 46-year-old male D. A male with a high LDL cholesterol

154. A person with bloodshot eyes, parania, rapid heartbeat, constant cough could be abusing\_\_\_\_\_.

A. heroin B. Marijuana C. Methamphetamine D. LSD

155. A depressive person tried committing suicide by slashing her wrist; which major artery is commonly cut in such situation?

A. Radial artery B. Ulnar artery C. Carpal artery D. Median artery

156.In the Philippines, 13 mothers die everyday due to pregnancy-related complications. What is the major cause of maternal mortality.

A. Post-partum hemorrhage B. Infection C.Undernourishment D. Abortion

157. TRUE regarding rabies post-exposure prophylaxis?

A. Infants and pregnant women should never be given rabies vaccine.

B. Babies born to rabid mothers become naturally immune to rabies.

C. If you get bitten by a pig you need anti-rabies vaccine.

D. Np vaccine is needed if your neighbor’s dog caused a minor scratch in your leg.

158. Which is not TRUE regarding the Ebola virus disease.

I. The virus is transmitted to people from wild animals

II. Up o 90% of infected individuals die of the disease.

III. Reston ebola virus, a species of the Genus ebolavirus, can be found in the Philippines.

A. I only B. II only C. III only C. I,II, and III

159. A supply of clean air breath is very important for good health. But air pollutants are everywhere. Which of the following techniques will most likely minimize your exposure to air pollutants?

A. Proper location of dump sites.

B. Don’t cook on a charcoal barbecue in an enclosed space.

C. Protect yourself from medical radiation

D. Do not use a microwave oven if the door does not close properly.

160. The presence of the ozone layer in the upper atmosphere is important because it\_\_\_\_\_.

A. Reduces the amount of acid rain and urban smog

B. Enhances the greenhouse effect

C. Has led to sharp increases in all types of skin cancer

D. Absorbs harmful ultraviolet radiation

161. Which of the following method is the best way to access your environmental health risks?

A. Use of health diary and self-tests and monitoring of your surroundings.

B. Self-assessment and analysis of emerging health risks

C. Pinpointing the problem places and times of day where your environment could affect your health

Adversely.

D. Intelligent choices and modificatons both in your behavior and your surroundings to eliminate

Potential health problems

162. Excessive radiation has delayed effects on the human body. Which of the following effects is the result of radiation?

A. Nausea vomiting C. Sterility and damage to bone marrow

B. Headache and heartache D. respiratory infections

163. Which of the following environmental problems is most lethal to people worldwide?

A. Ozone depletion C. Water pollution

B. Acid rain D. Air pollution

164. After drinking juice, in which garbage bin must you throw the tetra pack container?

A. Compostables B. Recycables C. Biodegradable D. Non – biodegradables

165.Which of the following is a mosquito- borne disease

I. Dengue II. Malaria III. Yellow fever

A. I only B. II only C. III only D. I,II, and III

166. The 4 common air pollutants according to WHO are the following EXCEPT?

a. Ozone B. Nitrogen dioxide C. Sulfur dioxide D. Nitrous oxide

167. A sound is considered noise and can cause hearing problems if it measures more than \_\_\_\_\_ decibles:

A. 80 B. 85 C. 90 D. 95

168. Which is not TRUE about global warming?

A. More floods can happen

B. Sustainability of water resources will be compromised.

C. Some insect-borne diseases are likely to increase

D. Carbon dioxide emitted by cars and factories traps the sun’s light.

169. Which of the following actions protects the environment?

I. Regularly spraying mosquito breeding places with aerosols.

II. Using a water hose o clean your car.

III. Burning dry leaves to lessen garbage in langfills

A. I only B. II only C. III only D. I,II, and III

170. What can a first aider do to help a victim in severe external bleeding?

A. Cover the victim with a blanket.

B. Give the victim some water.

C. Apply direct pressure over the wound with your fingers or palm.

D. Provide some medication

171. When an adult victim is unconscious, when should the first aider be called?

A.After the ABC principle C. After opening the airway

B. After resuscitation D. As soon as the victim is determined to be unconscious

172. When can a rescuer do to help a victim of heart attack?

A. Lay the casualty down, and raise and support her legs.

B. Make the victim a comfortable as possible o ease the strain on his heart.

C. Keep calm and reassure the victim.

D. Give oxygen if it is available

173. The scene suggests that a victim has suffered poisoning. The first thing to do is \_\_\_\_\_.

A. Call a physician C. Place the casualty in the recovery position

B. Check and if necessary clear the casualty’s airway D. Ask a bystander to help you move the victim.

174. An athletic student has just vomited and now appears to be coughing up blood. He is now having cold, clammy skin and a rapid, weak pulse. What is most likely wrong?

A. He is having a spinal injury C. He has internal bleeding

B. He is having mild stroke D. He has head injuries

175. You are caring for a victim with minor burns. Blisters that form should never break as they \_\_\_\_\_.

A. Aggravate the pain and swelling C. Interfere infection into the wound

B. Damage nerves and fat tissues D. Introduce infection into the wound

176. For a child who is unconsciously choking, you would \_\_\_\_\_\_.

A. Perform CPR C. Do Heimlick maneuver

B. Tilt the head back to open the airway D. Encourage him to cough to help dislodge the obstruction

177 A student is having a tonic-clonic seizure. What should you do as a first-responder?

A .Restrain the student.

B. Put something between his teeth so that he will not bite his tongue.

C.Put something between his teeth so that he will not bite his tongue.

D. Place him under the shade

178. Your brother accidentally cut himself in the foot with a rusty blade. What is the first thing to do?

A. Apply ice to prevent swelling C. Wash the wound thoroughly with soap and water

B. Request for tetanus vaccine in the nearest clinic D. Apply pressure to stop the bleeding

179. The following should be performed to a person who figured in a motorcycle accident EXCEPT?

a. Assess the airway by tilting the head up and feeling the flow of air out of his mouth or nose.

B. Control bleeding.

C. Observe the chest for spontaneous breathing.

D. Call an ambulance.

180. What is the most important strategy to deal with drowning?

A. Mandatory CPR training for all lifeguards

B. Provision of complete emergency kits and equipments in all swimming facilities.

C. Educating healthcare providers and legislators about the risks and circumstances of drowning.

D. Designing safe pool environment use of isolation fencing to prevent kids wandering into the adult

pools.

181. The following are TRUE regarding fire safety and burn prevention EXCEPT\_\_\_\_\_.

A. Prevent smoking of cigarettes at home

B. Microwave –heated beverages should be mixed first before serving

C. When your clothes catch the fire run to the nearest water source.

D. Do not pour water over a burning pan with cooking oil.

182. A victim has lost a lot blood from a lactating injury. His blood type A but there is no type A blood immediately available. Which type can you transfuse:

A. AB B. B C. O D. Whatever is available

A183. A person with this blood type can be transfused with any type of blood in case of emergency. Which blood type is referred to?

A. AB B. A C. B D. O

184. A person fell and broke his right femur. What should you do?

A. Realign the injury then immobilize the arm using a wooden board or anything rigid that you can find.

B. Secure the splint on the upper high near the groin and on the lower thigh above the knee.

C. Take care of wounds first before applying the splint.

D. Secure the splint on the upper thigh on the lower tight above the knee.

185. A blockage of blood flow or bleeding in the brain can result in a medical condition called \_\_\_\_\_.

A .Heart attack B. Cardiac arrest C. Stroke D. Convulsion

186. Which layman’s term is applied to the event that occurs when the blood clot blocks the flow in one or more of your coronary arteries?

A. Heart attack B. Stroke C. Convulsion D. Cardiac arrest

187 When determining how well the program is attaining its objectives, the health teacher should\_\_\_\_\_

A. Monitor progress of the health program

B. Evaluate the effectiveness of health education program

C. Document the level of dissemination of information

D. Monitor the efficiency of the health program

188. The best way for a health educator to keep in touch with a wide variety of individuals and groups is to \_\_\_\_\_.

A. Collect and organize general information to meet routine requests

B. Develop detailed plan for the most effective use of educational resources

C. Present and describe the program to groups

D. Communicate many different types of messages involving different types of media

I89. When planning goals for lesson in health class, the teacher should consider all the following as primary concerns EXCEPT\_\_\_\_\_.

A.What generates enthusiasm in the learner for the subject

B. How easily the material can be presented in class

C. What types of learners make up the class population

D. How information presented is relevant to the learner

190. Health education program involves many people and are often based within larger organizations.In order to carry out this aspect, a health teacher should\_\_\_\_\_.

A. Coordinate the provision of health education services with other people concerned.

B. Act as a resource person

C. Assess individual and community needs for health education

D. Coordinate the provision of health education services and act as a resource person.

191. Once an educational plan has been completed the health educator needs to be able to present and describe the program to groups such as local school boards who would approve the plan.Upon approval of the plan, which of the following statements is the responsibility of the health teacher?

A. Assist teachers in translating the program into classroom learning experiences.

B.Develop a framework of minimum competencies that should require of health educators.

C. Implement health educational programs consistent with specified programs.

192 Which is a characteristic of an effective health education curriculum?

A. Focuses primarily on clinical feedback outlining areas of a specific health need within a particular

Age group.

B. Provides functional health knowledge that directly contributes to health promoting behaviours.

C. Predicts how individuals of various genders, ages and grade levels will react o health advice.

D. Ensures individuals who apply accurate health knowledge and engage in physical activity

193. It refers o he health status of a defined grouped of people and actions to protect and improved the health of the community.

A. Community health B. Health education C. Population health D. Health promotion

194. It addresses all the physical , chemical, and biological factors external to a person, and all related factors impacting behaviors.

A. Community health B. Environmental health C. population health D. Health education

195. A help of assistance given to injured person or taken suddenly ill and includes self-help and home care. Words of encouragement and promotion of confidence.

A. First Aid B. Emergency case C. Ambulatory system D. None of the above

196. It is the physical dependence or both on a dangerous drug following it administration or use on a periodic or continuous basis.

A. Drug Abuse B. Drug addiction C. Drug dependent D. Drug tolerance

197. The policy- making and coordinating agency in drug prevention.

A. Dangerous drug board C. National Bureau of Investigation

B. Department of Health D. PNP Anti – Narcotics Commission

198. The means to improve the quality of life of each Filipino through regulation and spacing of child birth, counselling of parent and would – be parent etc.

A.Family Planning C. Population Control

B. Responsible Parenthood D. Contraception

199. Is a set of goals guidelines changing the rate of population growth in the vital interest of a country.

A. Population control B. Population policy C. Population program D. Population Education

200. It is the act of introducing substances or pollutants into the atmosphere which may be injurious to public health.

A. Water pollution B. Air pollution C. Noise pollution D. All of the above