

Example Items

MS Health Education 7

MS Health Education 7 Example Items are a **representative set** of items for the ACP. Teachers may use this set of items along with the test blueprint as guides to prepare students for the ACP. On the last page, the correct answer, content SE and SE justification are listed for each item.

*The specific part of an SE that an Example Item measures is **NOT** necessarily the only part of the SE that is assessed on the ACP.* None of these Example Items will appear on the ACP.

Teachers may provide feedback regarding Example Items.

(1) Download the [Example Feedback Form](#) and email it. The form is located on the homepage of Assessment.dallasisd.org.

OR

(2) To submit directly, click “Example Feedback” **after** you login to the [Assessment website](#).

First Semester
2018–2019
Code #: 7070

EXAMPLE ITEMS MS Health Education 7, Sem 1



Use the table to answer the next question.

	Product A	Product B	Product C	Product D
Name	Generic Brand Sunblock	Sport Sunblock Lotion	Everyday Sunblock	Sunblock Solution
Sun Protection Factor	SPF 45 UVA/UVB	SPF 38 UVA/UVB	SPF 15 Broad Spectrum UVA/UVB	SPF 30 with Parsol 1789 for extra UVA/UVB Protection
Claims	<ul style="list-style-type: none">• Hypoallergenic• Waterproof• Sweatproof	<ul style="list-style-type: none">• Ultra sweatproof• Won't run into eyes and sting• Waterproof	<ul style="list-style-type: none">• Won't clog pores• Lightweight• Non-greasy• Sweatproof• Waterproof• Dermatologist recommended	<ul style="list-style-type: none">• Waterproof• Moisturizing with Aloe and Vitamin E• Helps prevent premature skin aging
Size and Price	8.5 fl. oz., \$4.36	4 fl. oz., \$5.00	8 fl. oz., \$7.97	4 fl. oz., \$3.97

1 As a wise consumer, Malik compared sunblock products. Which product is the most economical as well as effective?

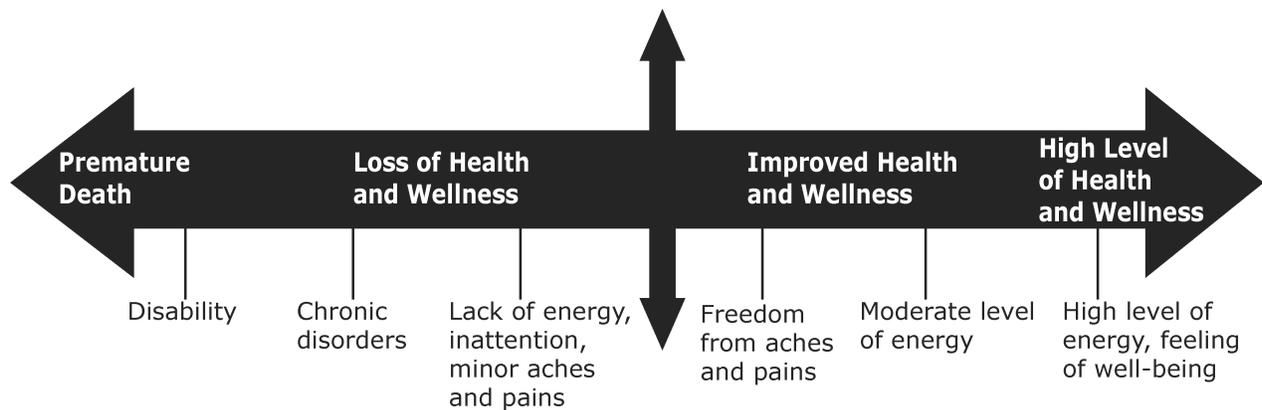
- A** Generic Brand Sunblock
- B** Sport Sunblock Lotion
- C** Everyday Sunblock
- D** Sunblock Solution

2 Diners can eat healthier at a fast-food restaurant by —

- A** ordering the potatoes fried
- B** increasing the portion size
- C** adding a diet soda
- D** choosing grilled chicken

EXAMPLE ITEMS MS Health Education 7, Sem 1

- 3** Alcohol and tobacco during pregnancy should be —
- A** doctor approved
 - B** totally avoided
 - C** healthy in small doses
 - D** used occasionally
- 4** Sarah wants to become a pharmacist. Sarah identifies specific steps to take, lists options to help her reach each step, sets limits, and rewards herself for completing each step. Sarah is using —
- A** listening skills
 - B** refusal skills
 - C** goal-setting skills
 - D** time management skills
- 5** Jan has 20% excess body fat and is considered obese. Jan begins to change her lifestyle to include healthy foods and regular exercise.



According to the diagram, Jan should first experience —

- A** a high level of energy
- B** lack of energy
- C** a chronic disorder
- D** freedom from aches

EXAMPLE ITEMS MS Health Education 7, Sem 1

- 6** Jake uses smokeless tobacco when he plays baseball. He thinks that having something to chew on eases tension during stressful games.



What alternate activity is more likely to help Jake quit using smokeless tobacco and to benefit his health?

- A** Chewing gum
 - B** Eating candy
 - C** Quitting baseball
 - D** Smoking e-cigarettes
- 7** One way to reduce the risk of heart disease is to avoid —
- A** participating in regular doctor visits
 - B** completing a fad diet
 - C** minimizing sources of stress
 - D** exercising once a month

- 8** A vaccine helps the body to —
- A** make antibodies to fight a disease
 - B** build a resistance to all diseases
 - C** reproduce viruses that fight infections
 - D** isolate an infection



EXAMPLE ITEMS MS Health Education 7, Sem 1

- 9** Abstinence means —
- A** controlling unhealthy behaviors
 - B** reducing the risk of disease
 - C** choosing not to engage in specific behaviors
 - D** making regular doctor’s appointments
- 10** During a basketball game, Garrett fell and complained that his ankle hurt. The athletic trainer should treat Garrett —
- A** by encouraging him to walk
 - B** by giving him an aspirin
 - C** with a bandage and gentle stretching
 - D** with RICE (Rest, Ice, Compression, Elevation)
- 11** Which is **not** a strategy to help prevent abuse in relationships?
- A** Being tolerant when someone is having difficulty exhibiting self-control
 - B** Having friends who are respectful and share similar ideals
 - C** Setting and communicating limits after entering a relationship
 - D** Limiting alcohol or drug use around other people
- 12** Which factors lead to an eating disorder?
- A** Moderate exercise, good eating habits, and an unhealthy body image
 - B** Regular exercise, unhealthy personal relationships, and a poor body image
 - C** Low self-esteem, emotional problems, and an unhealthy body image
 - D** High self-esteem, healthy personal relationships, and a poor body image
- 13** What is a physical reaction to stress?
- A** More blood moves to the brain and lungs
 - B** The heart beats faster and harder
 - C** The body becomes resistant to medicine
 - D** Energy levels increase

EXAMPLE ITEMS MS Health Education 7 Key, Sem 1

Item#	Key	SE	Process Skills/SE Justification
1	A	4B	Develop evaluation criteria for health information.
2	D	13B	Relate practices...necessary for making health decisions.
3	B	5C	Relate...other drugs to...prenatal health....
4	C	13G	Demonstrate time-management skills.
5	D	1A	Analyze the interrelationships of physical and mental...health.
6	A	6I	Identify efforts to prevent substance abuse...in the community.
7	B	3B	Analyze risks for contracting specific diseases based on...behavioral factors.
8	A	3A	Explain the role of...immunizations...in disease prevention....
9	C	6F	Discuss abstinence from sexual activity as the only method that is 100% effective in preventing....
10	D	6G	Demonstrate basic first-aid procedures....
11	A	6C	Identify strategies for prevention...of emotional, physical, and sexual abuse.
12	C	1B	Describe types of eating disorders such as bulimia, anorexia, or overeating.
13	B	12B	Demonstrate strategies for coping with...stress.