

Example Items

MS Health Education 6

MS Health Education 6 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 the [Assessment website](https://assessment.dallasisd.org): <https://assessment.dallasisd.org>.

OR

(2) To submit directly, click “Example Feedback – online form” **after** you click the Example Items link under ACP Resources on the ACP tab on the [Assessment website](#).

Second Semester
2020–2021
Code #: 7060

EXAMPLE ITEMS MS Health Education 6, Sem 2



Use the table to answer the next question.

	Mental	Physical	Social
A	Slows blood flow	Decreases bone and muscle mass	Separates the person from friends
B	Becomes less alert and increases stress	Slows brain and body functions	Create time to enjoy family and friends
C	Increases energy	Enhances appearance	Strengthens friendships
D	Produces feelings of anxiety	Increases the risk of diseases	Discourages teamwork

1 Which row describes how regular exercise and fitness improve a person's mental, physical, and social health?

- A** Row A
- B** Row B
- C** Row C
- D** Row D

2 To reduce the risk of tooth decay and maintain healthy teeth, Isabella visits the dental office —

- A** once a year
- B** when her gums are sore
- C** as soon as her teeth hurt
- D** every 6 months

3 Timothy is pressuring José to try a cigarette. José wants to make a responsible decision. What is the most responsible question for José to ask himself?

- A** How many of my friends smoke?
- B** How do my friends feel about it?
- C** Is it safe?
- D** Is it fun?

EXAMPLE ITEMS MS Health Education 6, Sem 2

4 Lola wants to sell 1200 boxes of Girl Scout cookies in one year to win a trip abroad. She creates a chart to keep up with the money and budget from the cookie sales. Lola's planning is important for her —

- A** time-management skills
- B** long-term personal goals
- C** decision-making skills
- D** vocational goals

5 Maintaining a personal dietary and exercise plan helps reduce the risk of developing health problems later in life such as —

- A** diabetes
- B** allergies
- C** genetic diseases
- D** chronic acne

6 Preston's dog was missing for several days. His friend Martin helps locate the dog. Martin's help is best described as —

- A** expressing discomfort with the situation
- B** listening to Preston's problem
- C** consideration for his friend's problem
- D** ignoring his friend's situation

7 Karen wants to run for class president, but she is afraid to give a speech because she is in a wheelchair. What is the best way for her classmates to show their support?

- A** Tell her the position is not based on physical appearance
- B** Explain that people in wheelchairs are not the best candidates
- C** Encourage her to do a job that's less stressful and more fun
- D** Discourage her from the pain of running for class president

EXAMPLE ITEMS MS Health Education 6, Sem 2

8 A family member is coping with dependence on alcohol or other drugs. The best way for him to get help is by —

- A monitoring the warning signs of abuse
- B hoping his dependence will go away
- C skipping an intervention by his family
- D taking action by speaking to a counselor



Use the Nutrition Facts label to answer the next question.

Nutrition Facts		
Serving Size 1 cup (120g)		
Amount per Serving		
Calories	700	Calories from Fat 510
% Daily Value		
Total Fat	2g	3%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	1%
Potassium	2,000mg	5%
Total Carbohydrate	34g	11%
Dietary Fiber	13g	52%
Sugars	10g	
Protein	27g	
Vitamin A	6%	• Vitamin C 6%
Calcium	15%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Calories: 2,000 2,500		
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

9 This macaroni and cheese is considered an unhealthy food choice because it contains —

- A the recommended amount of sodium
- B too many calories from fat
- C too few grams of fiber
- D too many grams of protein

EXAMPLE ITEMS MS Health Education 6, Sem 2



Use the Drug Facts label to answer the next question.

Drug Facts		Drug Facts (continued)	
Active ingredient (in each spray) Triamcinolone acetonide (glucocorticoid) 55 mcg.....		Purpose Nasal allergysymptom reliever	
Uses temporarily relieves these symptoms of hay fever or other upper respiratory allergies: ■ nasal congestion ■ runny nose ■ sneezing ■ itchy nose			
Warnings Do not use ■ in children under 2 years of age ■ if you have ever had an allergic reaction to any of the ingredients			
Ask a doctor before use if you ■ have had recent nose ulcers or nose surgery ■ have had a nose injury that has not healed ■ are using a steroid medicine for asthma, allergies or skin rash ■ have an eye infection ■ have or had glaucoma or cataracts			
When using this product ■ the growth rate of some children may be slower ■ some symptoms may get better on the first day of treatment. It may take up to one week of daily use to feel the most symptom relief. ■ do not share this bottle with anyone else as this may spread germs ■ remember to tell your doctor about all the medicines you take, including this one			
Stop use and ask a doctor if ■ you have, or come into contact with someone who has, chickenpox, measles or tuberculosis ■ you have or develop symptoms of an infection such as a persistent fever ■ you have any change in vision ■ you have severe or frequent nosebleeds			
If pregnant or breast-feeding , ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.			
Directions Read insert (inside package) on how to: ■ get a new bottle ready (primed) before first use ■ prime bottle again if not used for more than 2 weeks ■ use the spray ■ clean the spray nozzle			
		ADULTS AND CHILDREN 12 YEARS OF AGE AND OLDER	
adults and children 12 years of age and older	<ul style="list-style-type: none"> ■ once daily, spray 2 times into each nostril while sniffing gently ■ once your allergy symptoms improve, reduce to 1 spray in each nostril per day 		
CHILDREN 2 TO UNDER 12 YEARS OF AGE			
■ the growth rate of some children may be slower while using this product. Talk to your child's doctor if your child needs to use the spray for longer than two months a year.			
children 6 to under 12 years of age	<ul style="list-style-type: none"> ■ an adult should supervise use ■ once daily, spray 1 time into each nostril while sniffing gently ■ if allergy symptoms do not improve, increase to 2 sprays in each nostril per day. Once allergy symptoms improve, reduce to 1 spray in each nostril per day. 		
children 2 to under 6 years of age	<ul style="list-style-type: none"> ■ an adult should supervise use ■ once daily, spray 1 time into each nostril while sniffing gently 		
children under 2 years of age	■ do not use		
<ul style="list-style-type: none"> ■ do not use more than directed ■ if you forget a dose, do not double the next dose ■ do not spray into eyes or mouth ■ if allergy symptoms do not improve after one week, stop using and talk to a doctor ■ do not use for the common cold ■ shake well before each use 			
Other information			
<ul style="list-style-type: none"> ■ do not use if sealed package is torn or opened ■ keep package and insert. They contain important information. ■ store between 20°-25°C (68°-77°F) 			
Inactive ingredients benzalkonium chloride, carboxymethylcellulose sodium, dextrose, edetate disodium, hydrochloric acid or sodium hydroxide (for pH adjustment), microcrystalline cellulose, polysorbate 80, purified water			

10

Based on the label, what dosage is recommended for a person over 12 years of age?

- A Use once every 12 hours
- B Use once every 24 hours
- C Do not use this product
- D Do not use without supervision

EXAMPLE ITEMS MS Health Education 6 Key, Sem 2

Item#	Key	SE	SE Justification
1	C	1F	Describe the mental, physical, and social benefits of regular exercise and fitness.
2	D	1C	Compare immediate and long-range effects of personal health care choices such as...dental hygiene.
3	C	13C	Explain the impact of peer pressure on decision making.
4	B	13E	Identify the possible health implications of long-term personal...goals.
5	A	1B	Explain the importance of a personal dietary and exercise plan.
6	C	10A	Demonstrate ways to...have consideration for others.
7	A	12G	Demonstrate strategies for showing respect for individual differences....
8	D	11B	Identify strategies for coping with unhealthy behaviors in the family such as...alcoholism....
9	B	1A	Analyze...unhealthy dietary practices.
10	B	6B	Describe the misuse...of...over-the-counter drugs.