

# 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 the Assessment website ([assessment.dallasisd.org](http://assessment.dallasisd.org)).

OR

(2) To submit directly: Login to the [Assessment website](#). Under “News” in the left-hand column, click on “Sem 2 Example Items Download.” Above the subjects, click on “Example Feedback Form.”

Second Semester  
2017–2018  
Code #: 7070

## EXAMPLE ITEMS MS Health Education 7, Sem 2



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"><li>• Hypoallergenic</li><li>• Waterproof</li><li>• Sweatproof</li></ul> | <ul style="list-style-type: none"><li>• Ultra sweatproof</li><li>• Won't run into eyes and sting</li><li>• Waterproof</li></ul> | <ul style="list-style-type: none"><li>• Won't clog pores</li><li>• Lightweight</li><li>• Non-greasy</li><li>• Sweatproof</li><li>• Waterproof</li><li>• Dermatologist recommended</li></ul> | <ul style="list-style-type: none"><li>• Waterproof</li><li>• Moisturizing with Aloe and Vitamin E</li><li>• Helps prevent premature skin aging</li></ul> |
| 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?

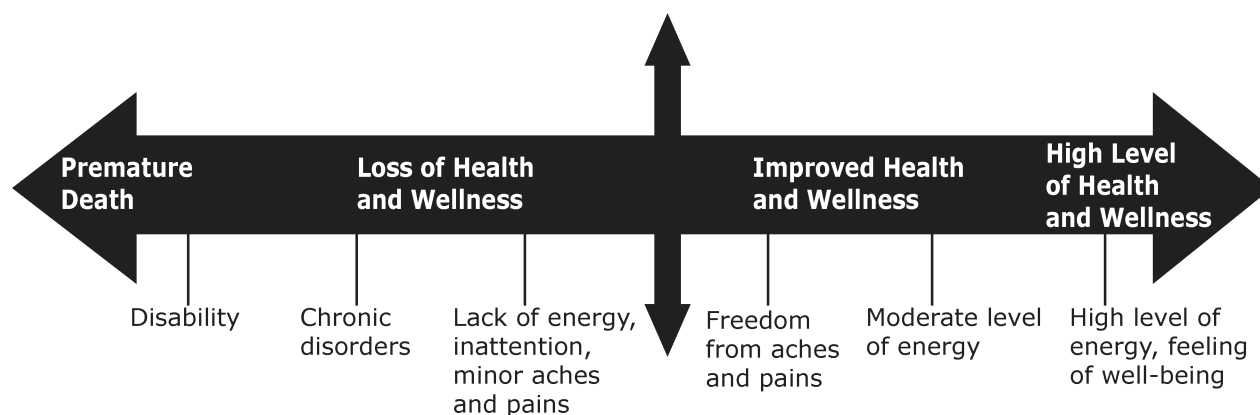
- A** Generic Brand Sunblock
- B** Sport Sunblock Lotion
- C** Everyday Sunblock
- D** Sunblock Solution

**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

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- 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

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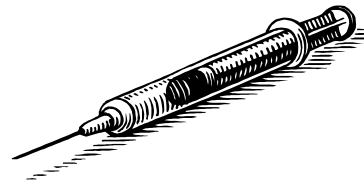
- 6** Jake uses smokeless tobacco when he plays baseball. He thinks that having something to chew on eases tension during stressful games.



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** produce a more harmful disease



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- 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 strategy does **not** 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 throat becomes sore
  - D** Energy levels increase

**EXAMPLE ITEMS MS Health Education 7 Key, Sem 2**

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