

True or False?

1. Three things that influence health most are: food, napping, and perspiration.
 True ☐ False ☒
2. Vitamins and minerals don't really matter as much as protein.
 True ☐ False ☒
3. Exercise improves mood and reduces anxiety.
 True ☒ False ☐
4. The following are examples of carbohydrates: water, sports drinks, tea.
 True ☐ False ☒
5. Teens need between 8-10 hours of sleep each night.
 True ☒ False ☐

Fill in the Blank!

6. CARBOHYDRATES provide energy, balance hormones.
 Hint: EBCAROSHYDRTA
7. PROTEINS build and maintain cells, help **make** hormones.
 Hint: ROTIPNSE
8. WATER carries nutrients, energizes muscle, and clears waste.
 Hint: RTAWE
9. During puberty, the level of TESTOSTERONE in your body increases by up to 30 times the amount as when you were a boy.
 Hint: ONESTTTOERES
10. No matter what emotions we experience, we always have the ability to choose how we REACT.
 Hint: CEART