
Apex Health Final Exam Questions with Correct Answers

Identify two common shortfall nutrients.

- A) Protein
- B) Folate
- C) Potassium
- D) Carbohydrate - Answer-B) and C)

Which of these is most often associated with an eating disorder?

- A) Fitness
- B) Happiness
- C) Depression
- D) Infection - Answer-C) Depression

Match each influence to its correct category.

1) Healthful 2) Unhealthful

- A) A social club organizes a bike race after dinner on a school night. B) A social club organizes a health fair at school. - Answer-1) and B) 2) and A)

Which of these is the most likely outcome of bulimia nervosa if the illness is left untreated?

- A) Increased muscle mass
- B) Tooth decay
- C) Obesity
- D) Increased physical fitness - Answer-B) Tooth decay

To get the proper amount of physical activity, exercise for 10 minutes once a week.

- A) True
- B) False - Answer-B) False

Skin creams contain chemicals associated with healthy skin.

- A) True
- B) False - Answer-A) True

Why should you practice good sleep hygiene?

Apex Health Test Answers

DJ Losen



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