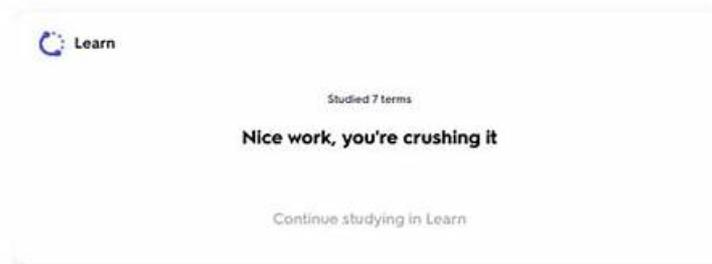


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Practice questions for this set



Terms in this set (270)

Adaptability:	the ability and capacity to embrace and adapt to ambiguous conditions and change
Anaphylaxis:	is a severe, potentially life-threatening allergic reaction. symptoms can affect several areas of the body including breathing and blood circulation

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q25-Q30):

NEW QUESTION # 25

Trying to understand the struggles that ELL students experience in a cohort is an example of which SEL competency?

- A. Executive function
- B. Communication and leadership
- C. Social awareness
- D. Self-management

Answer: C

Explanation:

This is an example of social awareness (D) because it involves empathy and perspective-taking toward others—specifically, understanding the challenges faced by English Language Learner (ELL) students.

Social awareness includes recognizing differences in experiences, appreciating diversity, and seeking to understand how social, cultural, and language factors can affect participation, confidence, and learning.

ELL students may face struggles such as translating academic language, processing instructions quickly, participating in discussions, and worrying about making mistakes in front of peers. They may also experience cultural adjustment and reduced confidence when expressing complex ideas in a non-native language. Trying to understand these struggles shows empathy and respect, which are central to social awareness. It can lead to supportive behaviors such as speaking clearly, avoiding unnecessary jargon, offering written summaries, being patient during discussions, and encouraging inclusive participation.

The other competencies are not the best match. Self-management focuses on controlling one's own emotions and behaviors. Executive function involves planning, organization, and problem-solving. Communication and leadership can be used to support ELL students (for example, facilitating inclusive group work), but the core skill described—trying to understand others' experiences—is most directly social awareness.

In SEL, social awareness helps build a welcoming learning environment where all students can succeed.

When peers develop understanding of ELL challenges, it reduces stigma, improves cooperation, and strengthens a sense of belonging—important factors for emotional wellness, academic engagement, and positive group dynamics.

NEW QUESTION # 26

Which SEL skill is characterized by critical thinking and responsible decision making?

- A. Social awareness
- B. Communication and leadership
- C. Self-management
- D. Executive function

Answer: D

Explanation:

Executive function best matches the description of critical thinking and responsible decision-making.

Executive function refers to mental skills that help a person plan, focus attention, remember instructions, manage impulses, and weigh consequences before acting. These abilities support "thinking before doing," which is central to making responsible, thoughtful choices in academics, relationships, and health behaviors.

Critical thinking is part of executive function because it involves analyzing information, evaluating options, anticipating outcomes, and selecting the most appropriate response. Responsible decision-making requires considering safety, ethics, long-term consequences, and the impact on others—processes strongly connected to executive functioning skills like impulse control, planning, and flexible thinking.

The other options are related SEL areas but do not best fit the prompt. Communication and leadership involve expressing ideas clearly, listening, persuading, and guiding others—important, but not the core of critical thinking itself. Social awareness focuses on empathy, understanding social cues, and appreciating others' perspectives—also crucial, but not primarily about analyzing options and consequences. Self-management involves regulating emotions and behaviors, managing stress, and staying motivated; it supports decision-making but is more about controlling reactions than the thinking process described.

In practical wellness terms, executive function helps someone pause before reacting in conflict, choose healthier coping strategies

under stress, resist risky behaviors, and follow through on goals. Strengthening executive function can involve planning routines, breaking tasks into steps, using reminders, practicing mindful pauses, and reflecting on outcomes after decisions.

NEW QUESTION # 27

Which of the following contribute to a healthy diet? Select 3 answers.

- A. Consuming whole-milk products after childhood
- B. Allocating over 20% of daily calories to saturated fatty acids
- C. Choosing a variety of fruits and vegetables each day
- D. Consuming three-ounce equivalents or more per day of whole-grain foods
- E. Limiting intake of added sugars and salt

Answer: C,D,E

Explanation:

A healthy diet supports steady energy, healthy body composition, heart health, digestion, and long-term disease prevention. The three options that most directly align with widely taught nutrition principles are limiting added sugars and salt (A), including whole grains (B), and eating a variety of fruits and vegetables (C).

Limiting added sugar helps reduce excess calorie intake with little nutritional value and supports healthier blood sugar patterns and dental health. Reducing salt (sodium) supports healthy blood pressure, which is a major protective factor for cardiovascular and kidney health. Choosing a variety of fruits and vegetables increases intake of fiber, potassium, and many vitamins and protective plant compounds. Variety matters because different colors and types provide different nutrient profiles (for example, leafy greens, orange vegetables, berries, and cruciferous vegetables each contribute unique benefits).

Consuming whole grains—such as oats, brown rice, whole-wheat bread, and whole-grain pasta—supports digestive health through fiber, improves fullness, and contributes nutrients like B vitamins and minerals.

Many educational nutrition plans encourage making at least half of grains whole, and "three-ounce equivalents or more" reflects a common daily target used in dietary planning.

The remaining options do not reflect healthy-diet guidance. Allocating over 20% of daily calories to saturated fat (D) is generally considered too high and is associated with poorer heart-health patterns when it displaces unsaturated fats. "Consuming whole-milk products after childhood (E)" is not a general requirement for health; while dairy can be part of a balanced diet, choosing lower-fat dairy is often recommended to limit saturated fat while still getting calcium and protein.

NEW QUESTION # 28

Which term categorizes vitamins and minerals?

- A. Antioxidants
- B. Micronutrients
- C. Macronutrients
- D. Essential amino acids

Answer: B

Explanation:

Vitamins and minerals are categorized as micronutrients because the body needs them in small amounts to support essential functions, even though they do not provide calories (energy). They play critical roles in maintaining normal growth, immune function, bone health, blood formation, nerve signaling, and metabolism.

For example, vitamins such as A, C, D, E, K, and the B-complex help regulate processes like vision, collagen formation, calcium absorption, antioxidant defense, and energy metabolism. Minerals such as calcium, iron, potassium, magnesium, zinc, and iodine support bone structure, oxygen transport, fluid balance, muscle contraction, enzyme activity, and thyroid function.

Micronutrients differ from macronutrients (carbohydrates, fats, and proteins), which are needed in larger quantities and supply the body with energy and building materials. In a balanced diet, macronutrients provide fuel and tissue-building components, while micronutrients help the body use that fuel effectively and keep organs and systems functioning properly.

The other options are not correct categories for vitamins and minerals. Antioxidants describe substances that help protect cells from oxidative damage; some vitamins (like C and E) act as antioxidants, but not all vitamins and minerals are classified that way. Essential amino acids are the building blocks of protein that must come from food; they are not vitamins or minerals. Therefore, "micronutrients" is the broad, accurate classification that includes both vitamins and minerals, highlighting their importance despite the small amounts required.

NEW QUESTION # 29

Which reaction is common with food intolerance?

- A. Difficulty breathing
- B. Swelling in the mouth
- C. Stomach cramps
- D. Tightening in the throat

Answer: C

Explanation:

Food intolerance commonly causes digestive symptoms, and stomach cramps are among the most typical reactions. A food intolerance is generally different from a food allergy. Intolerances usually involve the digestive system's difficulty processing a food or component (for example, lactose intolerance due to low lactase enzyme activity). Symptoms often include abdominal pain or cramps, bloating, gas, nausea, and diarrhea. These symptoms may appear after eating certain foods and can vary with the amount consumed. In contrast, swelling in the mouth, throat tightening, and difficulty breathing are warning signs more consistent with an allergic reaction, which involves the immune system and can become severe rapidly.

Those symptoms can signal airway involvement and may indicate an emergency situation requiring immediate medical attention. The fact that options A, B, and D involve the mouth/throat/airway strongly points away from intolerance and toward allergy.

Understanding the difference matters for health and safety. While intolerances can significantly affect comfort and quality of life, they are less likely to cause sudden life-threatening reactions. Management typically focuses on identifying trigger foods, adjusting portion sizes, choosing substitutes (like lactose-free dairy), and reading ingredient labels. Keeping a food-and-symptom log can help pinpoint patterns. If symptoms are severe, persistent, or confusing—or if there is any airway swelling, hives, or breathing trouble—medical evaluation is important to rule out allergy or other conditions.

Therefore, the best answer is stomach cramps, because gastrointestinal discomfort is a hallmark feature of food intolerance, while breathing-related symptoms are far more characteristic of allergic reactions.

NEW QUESTION # 30

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