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## Exam Questions For WGU Health-Fitness-and-Wellness With Reliable Answers

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### WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q38-Q43):

#### NEW QUESTION # 38

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

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

**Answer: A,B,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 # 39

Which disorder includes having low energy, difficulty sleeping, missing assignments, and avoiding friends?

- A. Schizophrenia
- B. Anxiety disorder
- **C. Depressive disorder**
- D. Bipolar disorder

**Answer: C**

Explanation:

A depressive disorder commonly involves a cluster of symptoms that affect mood, energy, thinking, behavior, and daily functioning. The signs listed—low energy, difficulty sleeping, missing assignments, and avoiding friends—fit well with depression because depression can reduce motivation, concentration, and interest in usual activities. People may feel persistently sad, empty, or irritable, and they may withdraw socially because interactions feel exhausting or because they experience low self-worth and guilt. Sleep disturbance is also common; some people have insomnia (trouble falling or staying asleep), while others sleep more than usual but still feel tired. Missing assignments can reflect decreased concentration, slowed thinking, or lack of motivation—often called "anhedonia" (loss of interest/pleasure) and reduced drive. Avoiding friends reflects social withdrawal, which can worsen symptoms by removing support and increasing isolation.

The other options are less consistent with the overall pattern. Schizophrenia typically features symptoms such as hallucinations, delusions, disorganized thinking, and significant changes in perception and behavior—these are not mentioned here. Bipolar disorder includes episodes of depression, but it is distinguished by episodes of mania or hypomania (periods of unusually elevated or irritable mood, increased energy, decreased need for sleep, and impulsive behavior). Anxiety disorders can cause sleep issues and avoidance, but the combination of low energy, withdrawal, and functional decline described here aligns more strongly with depression.

Wellness education emphasizes early support: talking to a trusted adult or counselor, maintaining routines (sleep, meals, movement), and seeking professional help when symptoms persist or interfere with school and relationships.

### NEW QUESTION # 40

What are recommended ways to maintain good dental hygiene? Choose 3 answers.

- **A. Visiting a dentist once a year**
- B. Brushing teeth with rigorous strokes
- **C. Using fluoride toothpaste**
- **D. Flossing daily**
- E. Brushing teeth after meals

**Answer: A,C,D**

Explanation:

Good dental hygiene focuses on preventing cavities, gum disease, and bad breath by controlling plaque (a sticky film of bacteria) and strengthening tooth enamel. Three widely recommended, core strategies are:

regular dental visits, brushing with fluoride toothpaste, and cleaning between teeth daily.

Using fluoride toothpaste (B) is strongly recommended because fluoride helps remineralize enamel and makes teeth more resistant to decay. Brushing twice daily with fluoride toothpaste removes plaque and reduces the bacteria that cause cavities and gum inflammation.

Flossing daily (C) is essential because a toothbrush cannot effectively clean the tight spaces between teeth or under the gumline edges. Flossing helps prevent cavities between teeth and reduces the risk of gingivitis by removing trapped food particles and plaque in areas brushes miss.

Visiting a dentist once a year (A) supports prevention through professional cleaning and early detection of cavities, gum disease, and other oral health issues. Some people may need checkups more often depending on risk, but "once a year" reflects a reasonable baseline for routine preventive care.

Two options are not ideal. Brushing with rigorous strokes (D) is discouraged because aggressive brushing can wear enamel and irritate gums, potentially leading to gum recession and sensitivity. Effective brushing should be gentle, thorough, and consistent, not forceful.

Brushing teeth after meals (E) can be helpful sometimes, but it is not always the top universal recommendation compared with twice-daily brushing and daily flossing. In some cases—especially after acidic foods or drinks—brushing immediately may not be ideal for enamel. Therefore, the best three foundational choices are A, B, and C.

#### NEW QUESTION # 41

What is a dimension of social health?

- A. Seeking physical wellness
- B. Completing an undergraduate degree
- C. Developing interpersonal relationships
- D. Focusing efforts on workplace success

**Answer: C**

Explanation:

A core dimension of social health is developing interpersonal relationships. Social health refers to how well a person connects with others, communicates, builds trust, resolves conflict, and maintains supportive networks. Healthy interpersonal relationships can include friendships, family connections, teammates, classmates, mentors, and community groups. Strong social ties are linked with better coping during stress, greater belonging, and improved overall well-being.

In Social and Emotional Learning (SEL), developing interpersonal relationships involves skills such as empathy, active listening, respectful communication, cooperation, and setting healthy boundaries. It also includes the ability to seek help when needed and to offer support to others appropriately. Social health is not simply "being popular"; it is about building relationships that are respectful, safe, and mutually supportive.

The other options are not direct dimensions of social health. Seeking physical wellness relates primarily to physical health behaviors (activity, sleep, hygiene, medical care). Completing an undergraduate degree is an educational achievement, which may influence social opportunities but is not itself a dimension of social health. Focusing efforts on workplace success relates to career development and achievement; it can involve social skills, but it is not the definition of social health.

Social health matters in daily life because relationships influence choices and habits: friends and family can encourage healthy behaviors, provide emotional support, and help a person feel connected. In wellness education, students are often encouraged to practice communication skills, conflict resolution, and community involvement because these strengthen social health and contribute to healthier emotional functioning.

#### NEW QUESTION # 42

Why is it important to include low-fat dairy products in a balanced diet?

- A. They provide thiamin, which is necessary for carbohydrate metabolism.
- B. They are good sources of calcium and protein, which are needed for bone and tissue growth.
- C. They provide glucose, which is the only source of energy used by the brain.
- D. They are good sources of iron, which increases the absorption of fat into the red blood cells.

**Answer: B**

Explanation:

Low-fat dairy products are emphasized in many balanced-diet frameworks because they provide key nutrients—especially calcium and protein—while helping limit excess saturated fat. Calcium is essential for building and maintaining strong bones and teeth, supporting normal muscle contraction, nerve signaling, and blood clotting. Adequate calcium intake across the lifespan helps reduce the risk of bone thinning with age.

Protein supports tissue growth and repair, immune function, and the maintenance of lean body mass, which is important for metabolic health and physical performance.

Many low-fat dairy options (like low-fat milk, yogurt, and reduced-fat cheese) also contribute vitamin D when fortified, which assists calcium absorption and supports bone health. Yogurt can additionally support gut health when it contains live cultures. Choosing low-fat versions can be helpful because saturated fat intake is commonly advised to be moderate; low-fat dairy helps individuals meet calcium and protein goals without pushing saturated fat too high.

The incorrect choices contain misleading or false nutrition statements. While dairy can contain small amounts of thiamin, it is not typically highlighted as the main reason for dairy inclusion. Dairy is not a major source of iron, and the statement about iron increasing absorption of fat into red blood cells is inaccurate. Finally, dairy does contain carbohydrates (lactose), but glucose is not the only fuel the brain can use; the brain can also use ketones during certain metabolic states. The strongest, most document-consistent rationale is that low-fat dairy provides calcium and protein that support bone and tissue health.

## NEW QUESTION # 43

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