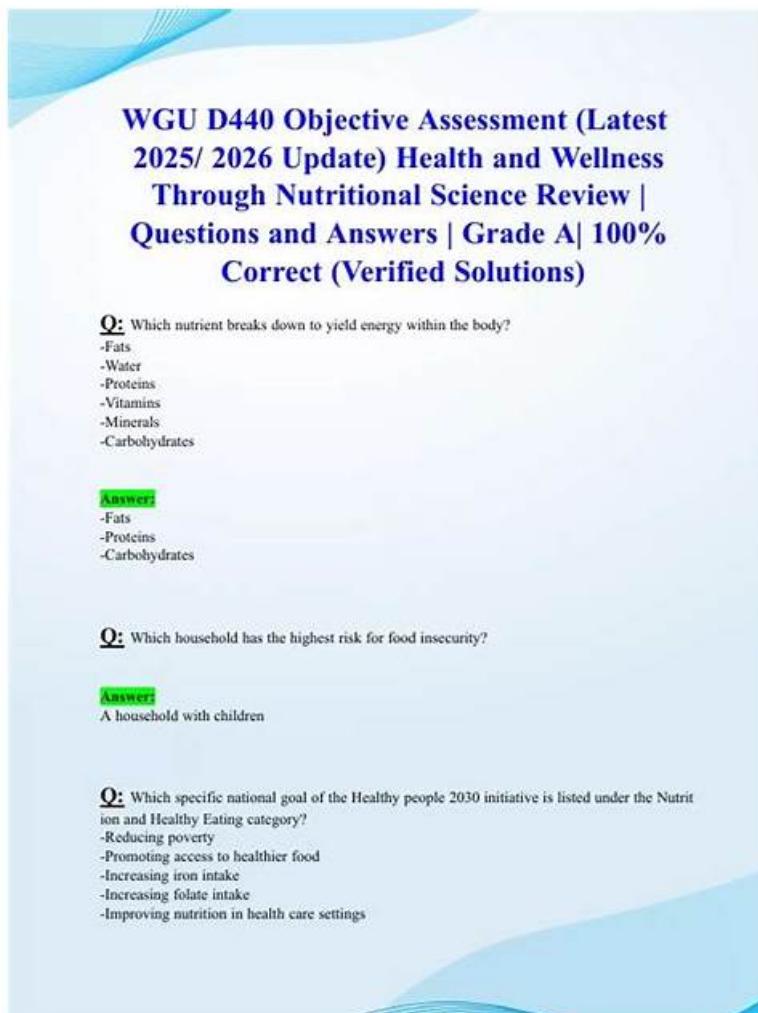


Quiz 2026 WGU Health-Fitness-and-Wellness: WGU Health, Fitness, and Wellness (HIO1) Latest Passing Score



WGU D440 Objective Assessment (Latest 2025/ 2026 Update) Health and Wellness Through Nutritional Science Review | Questions and Answers | Grade A| 100% Correct (Verified Solutions)

Q: Which nutrient breaks down to yield energy within the body?

- Fats
- Water
- Proteins
- Vitamins
- Minerals
- Carbohydrates

ANSWER:

- Fats
- Proteins
- Carbohydrates

Q: Which household has the highest risk for food insecurity?

ANSWER:

A household with children

Q: Which specific national goal of the Healthy people 2030 initiative is listed under the Nutrition and Healthy Eating category?

- Reducing poverty
- Promoting access to healthier food
- Increasing iron intake
- Increasing folate intake
- Improving nutrition in health care settings

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q17-Q22):

NEW QUESTION # 17

Which reaction is common with food intolerance?

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

Answer: B

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 # 18

A new manager at a medical office uses active listening while interacting with employees. Which positive mental health strategy is the manager employing?

- A. Boosting emotional intelligence to recognize the emotions of others
- B. Pursuing happiness by working with other employees in the office
- C. Meeting needs through achieving satisfaction from self-actualization
- D. Becoming optimistic with expectations of favorable outcomes to occur

Answer: A

Explanation:

Active listening is a key skill within emotional intelligence, especially in workplaces where communication affects trust, morale, and performance. When a manager uses active listening, they are intentionally focusing on the speaker, asking clarifying questions, reflecting back what they heard, noticing tone and body language, and responding with respect. This supports recognizing and understanding the emotions of others, which is central to emotional intelligence and to strong social-emotional skills.

In a medical office, employees may experience pressure, time demands, and emotionally sensitive interactions. A manager who actively listens helps staff feel heard and valued, which can reduce stress and conflict. It also improves problem-solving: employees are more likely to share concerns early (workload issues, workflow barriers, interpersonal tension), allowing the manager to address problems before they escalate. Active listening supports psychological safety—people feel they can speak up without being dismissed—leading to better teamwork and a healthier work climate.

The other answer choices are less precise. "Pursuing happiness by working with other employees" is vague and doesn't describe a specific communication skill. "Meeting needs through self-actualization" relates to personal growth and fulfillment rather than a

manager's interpersonal strategy during conversations.

"Becoming optimistic" focuses on expecting positive outcomes, which can be helpful, but it is not what active listening specifically represents. Active listening is most directly tied to building emotional awareness, empathy, and relationship skills-making boosting emotional intelligence the best match.

NEW QUESTION # 19

Rewarding oneself for successful, on-time progress is an example of which SEL competency?

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

Answer: D

Explanation:

Rewarding oneself for successful, on-time progress is a clear example of self-management. Self-management includes self-discipline, motivation, goal-directed behavior, and using strategies that help sustain effort over time. Rewarding yourself is a form of positive reinforcement-it strengthens habits by linking consistent effort with a meaningful benefit. For example, if a student meets weekly deadlines, they might reward themselves with a relaxing activity, extra leisure time, or a small treat. This reinforces consistency and helps maintain motivation when tasks feel demanding.

This behavior also reflects the ability to monitor progress and regulate behavior accordingly-key parts of self-management. The person recognizes achievement, chooses a healthy reward, and uses it to support continued commitment. It can also reduce burnout by balancing effort with recovery and enjoyment.

The other options do not fit as well. Communication and leadership involve working with and guiding others; rewarding oneself is internal. Social awareness focuses on understanding others' emotions and perspectives, not personal habit-building. Executive function is related to planning and organization, which helps a person complete tasks on time, but the act of rewarding oneself to maintain motivation is more directly a self-management tool.

In wellness contexts, self-management strategies like rewards work best when they are realistic and healthy- such as taking a walk, enjoying a hobby, or spending time with supportive people-rather than rewards that undermine goals. Used thoughtfully, self-reward supports persistence, confidence, and a positive relationship with personal growth.

NEW QUESTION # 20

Which of the following is a type of barrier contraception?

- A. The patch
- B. An IUD
- C. **A diaphragm**
- D. The pill

Answer: C

Explanation:

A diaphragm is a type of barrier contraception, meaning it works by physically blocking sperm from reaching the egg. It is a shallow, flexible cup that is placed inside the vagina to cover the cervix before sexual activity. Barrier methods reduce the chance of pregnancy by preventing sperm from entering the uterus.

Diaphragms are often used with spermicide to increase effectiveness, and correct use (proper placement and timing) is important for best results.

The other options are not barrier methods. An IUD (intrauterine device) is placed in the uterus and works through different mechanisms depending on type (copper or hormonal), but it does not function as a barrier placed over the cervix. The pill and the patch are hormonal contraceptives. They mainly prevent pregnancy by suppressing ovulation (preventing release of an egg) and by changing cervical mucus and the uterine lining.

In physical and reproductive health education, contraception is often categorized by method type: barrier (condoms, diaphragm, cervical cap), hormonal (pill, patch, ring, injection, implant), and intrauterine (IUD). It's also important to understand protection differences: many barrier methods (notably external and internal condoms) can reduce risk of sexually transmitted infections, while most non-barrier hormonal and intrauterine methods do not protect against infections. This is why education often emphasizes choosing methods based on pregnancy prevention goals, health considerations, and whether STI protection is needed.

So, among the choices listed, the diaphragm is clearly the barrier contraceptive.

NEW QUESTION # 21

Which scenario is an example of self-awareness?

- A. Creating a system for organizing notes to make studying for assessments effective
- B. Thinking an evaluator's feedback is an opportunity to improve instead of personal criticism
- C. Joining a study group to help fellow students by discussing one's work experiences
- D. Being mindful of one's word choice when communicating with a group

Answer: B

Explanation:

Self-awareness involves recognizing one's own emotions, thoughts, strengths, limitations, and how these influence behavior. Option C—viewing an evaluator's feedback as an opportunity to improve rather than personal criticism—shows self-awareness because it reflects insight into how feedback can trigger emotional reactions and how reframing thoughts can change the response. This demonstrates awareness of inner dialogue and emotional interpretation, which are central to self-awareness.

In this scenario, the person recognizes that feedback might initially feel uncomfortable or threatening, but they choose a healthier interpretation: "This is useful information for growth." That mental reframing requires awareness of personal feelings (such as defensiveness or embarrassment) and an understanding that those feelings do not have to control the outcome. It also supports confidence and learning, which are key benefits of SEL.

The other options align more strongly with different SEL skills. A (being mindful of word choice in a group) is closely related to relationship skills and self-management—controlling communication to be respectful. B (joining a study group to help others) reflects relationship skills and social awareness—cooperation and support. D (creating an organization system for notes) is primarily executive function—planning and organization.

Self-awareness helps people identify triggers, understand what motivates them, and choose responses that match their goals and values. In health and wellness contexts, it supports recognizing stress signals, noticing negative self-talk, and adjusting behaviors early—before problems escalate.

NEW QUESTION # 22

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