

Chapter 9 Test, Feelings

To complete this test, you will need to fill in the blank for some and circle the most correct answer for others. At the end is a short answer question.

1. About how many feelings can people have in one day:

One Two or three No more than four Many

2. To calm down is a way to describe the meaning for the word _____.

3. There is a connection between nutrition and feelings: True False

4. What type of foods can make your mood go up and down? _____

5. Talking about your feelings can make your problems seem:

Smaller The same Larger

6. When you are tensed up, you are feeling _____.

7. What types of foods help you avoid bad moods? _____

8. Junk food makes you feel better: True False

9. In a couple sentences, describe two things that stress can do to your body.

Fill in the blank choices:

Foods with calcium

Thinking

Stress

Meats and beans

Talking

Sugary foods

Feelings

Exercise

Good decisions

Relax