

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### **Caring for a Changing Body Pre-Test**

1. True or False (Circle One)  
Puberty is a time of change and growth leading up to adulthood.
2. True or False (Circle One)  
Puberty happens at the same time for boys and girls
3. True or False (Circle One)  
Changes that happen during puberty are normal and healthy.
4. Which of the following are physical changes that happen during puberty.
  - a. Growth Spurt
  - b. Pimples
  - c. Body Odor
  - d. Increase Hunger
  - e. Weight Gain
  - f. Voice Change
  - g. All of the Above
5. List two ways you can prevent body odor.
6. How can you prevent acne?
7. How many times should you brush your teeth each day?
  - a. 1 time
  - b. None
  - c. At least twice
  - d. It's not important to brush your teeth.

8. True or False: (Circle One)

Good Nutrition, exercise and getting enough sleep are important for successful growth and development.

9. True or False: (Circle One)

During puberty you will not experience mental and emotional changes.