In ancient Hawai‘i lōkahi was achieved by balancing these 3 things in one's life:

- a) work, sleep & play
- b) mind, body & soul
- c) ocean, land & sky
- d) nature, gods & people

In physics, which of the following is a definition of compression?

- a) a force that pulls & lengthens
- b) a force that pushes & shortens
- c) a force that created lava tubes
- d) a force that created Diamond Head

Continue on next page ...
3. __ In math, a **vertex** can be …

   a) the center point of a circle  
   b) the point where 2 lines of an angle meet  
   c) both “a” and “b” above  
   d) none of the above

4. __ In math, which of these is NOT true:

   a) an obtuse angle is a straight line  
   b) an obtuse angle is more than 90°  
   c) an acute angle is less than 90°  
   d) a circle is 360°

5. __ Many Hawaiians today are less healthy than their ancestors mainly because …

   a) they overeat on the Wai‘anae Diet  
   b) they get less exercise & eat the wrong foods  
   c) ancient Hawaiians were naturally tall & thin  
   d) ancient Hawaiians exercised a lot for times of war

6. __ How much water should you drink eat day?

   a) 8-10 glasses  
   b) 5-6 glasses  
   c) 3-4 glasses  
   d) 1-2 glasses

*Continue on next page …*
7. Eating the right amount of “carbs” every day helps your body by …
   a) removing waste from your dietary system
   b) making your bones & muscles strong
   c) keeping your nervous & reproductive systems healthy
   d) giving it fuel for quick energy

8. Eating the right amount of proteins & fats every day helps your body by …
   a) removing waste from your dietary system
   b) making your bones & muscles strong
   c) keeping your nervous & reproductive systems healthy
   d) giving it fuel for quick energy

9. Which of these food groups & nutrients can cause death if you do not eat or drink them?
   a) water, minerals & vitamins
   b) carbs, proteins & fats
   c) all of the above
   d) none of the above

10. What food group are you not getting enough of if you have headaches, dryness & vital organ problems
    a) water
    b) carbohydrates
    c) proteins & fats
    d) minerals & vitamins
11. The Hawaiian word lōkahi comes from…
   - a) ‘lō’ (to get) and ‘kahi’ (togetherness)
   - b) ‘lō’ (to get) and ‘kahi’ (to turn)
   - c) ‘lō’ (front of skull) and ‘kahi’ (massage)
   - d) ‘lō’ (Lord) and ‘kahi’ (place)

12. What is the purpose of the digestive system?
   - a) to break down food & get the nutrients to vital organs
   - b) to remove waste from the bowels & bladder
   - c) to carry blood to all the body parts
   - d) to control the mind, emotions & physical movement

13. What is the purpose of the excretory system?
   - a) to break down food & get the nutrients to vital organs
   - b) to remove waste from the bowels & bladder
   - c) to carry blood to all the body parts
   - d) to control the mind, emotions & physical movement

14. Which body system regulates our mind & body through hormones, sex glands & sex organs?
   - a) the excretory system
   - b) the nervous system
   - c) the reproductive system
   - d) the endocrine system

15. Which body system carries blood to all the body parts through the heart, veins & arteries?
   - a) the excretory system
   - b) the nervous system
   - c) the respiratory system
   - d) the circulatory system