



Pre-test/Posttest for Men's Health

1. Being a man is harmful to one's health.
 - a. True
 - b. False
2. The primary sex hormone in men is...
 - a. Estrogen
 - b. Testosterone
 - c. Progesterone
 - d. Sperm
3. To stay healthy, men should exercise at least 3 to 5 times each week.
 - a. True
 - b. False
4. Diet soda is healthier for men than water.
 - a. True
 - b. False
5. Having a friend is the same thing as having a girlfriend or boyfriend.
 - a. True
 - b. False