

Heart Health Worksheet (MCQ + FRQ)

Multiple Choice Questions

1. Essential hypertension accounts for approximately:
A) 10% B) 50% C) 90% D) 100%
2. Essential hypertension is defined as:
A) High blood pressure with a known cause
B) High blood pressure with no identifiable cause
C) Low blood pressure
D) Temporary stress-related blood pressure
3. Which factor can contribute to hypertension?
A) Regular exercise
B) Healthy diet
C) Obesity
D) Adequate sleep
4. In older adults, the most common form of hypertension is:
A) Isolated systolic hypertension
B) Diastolic hypotension
C) Secondary hypertension
D) Temporary hypertension
5. Arrhythmia refers to:
A) A blocked artery
B) An irregular heartbeat
C) A heart infection
D) Low cholesterol
6. Which lifestyle change helps prevent heart disease?
A) Smoking
B) High trans fat intake
C) Regular exercise
D) Ignoring stress

Free Response Questions

1. Explain the difference between essential hypertension and secondary hypertension.
2. Describe three risk factors that can contribute to high blood pressure.
3. Explain how obesity can contribute to hypertension.
4. Describe two ways to reduce the risk of heart disease and explain why they work.
5. Explain how genetics and environment both play a role in hypertension.

Answer Key

MCQ: 1-C, 2-B, 3-C, 4-A, 5-B, 6-C

FRQ sample responses included teacher discretion.