

Name _____

Feeling Good: Understanding the Impact of Temperature and Humidity on Your Well-Being

Multiple Choice Questions

1. What is the heat index?
 - a. A measurement of humidity
 - b. A measure of how hot or cold the air is
 - c. A way to describe how the combination of heat and humidity feels
 - d. A measure of air pressure

2. What is a potential health risk associated with hot and humid weather?
 - a. Dry skin
 - b. Heatstroke
 - c. Frostbite
 - d. Shivering

3. Why does dry air make you feel cooler?
 - a. Because it contains more moisture
 - b. Because it has a lower temperature
 - c. Because it allows for better sweat evaporation
 - d. Because it warms up the skin

4. What should you do to stay comfortable and safe in extremely hot weather?
 - a. Bundle up in warm clothing
 - b. Stay well-hydrated and find shade or air conditioning
 - c. Avoid drinking water
 - d. Wear heavy, thick clothing

5. How does humidity affect the way we perceive temperature?
 - a. It has no effect on how we feel
 - b. High humidity makes us feel warmer, while low humidity makes us feel cooler
 - c. High humidity makes us feel cooler, while low humidity makes us feel warmer
 - d. Humidity only affects the weather, not our comfort

