

Name:

Date:

KS1 Quiz

Unit title: Health and wellbeing

1 If someone has lost their favourite toy, how might they feel?

A Worried.

B Happy.

C Excited.

2 When should we wash our hands straight away?

A When we have sneezed.

B When we have been reading a book.

C When we get up in the morning.

4 Which of these protects our skin from the sun most?

A Suncream and a T-shirt.

B Hat and sunglasses.

C Swimming costume and sunglasses.

4 An allergic reaction might include what symptoms?

A Bruises.

B Bleeding.

C Sneezing and/or a rash.

5 Describe or draw what a good bedtime routine might look like.