

Name:

Date:

KS2 Quiz

Unit title: Health and wellbeing

1 Which of these is an activity we could do to relax?

- A Breathing exercises.
- B Colouring.
- C Stretching.
- D All of the above.

2 What does it mean when we describe someone's strengths?

- A That they can lift heavy objects.
- B The things that they like to do.
- C The things that they are really good at.
- D That they are brave.

3 Which of these foods gives us the most energy?

- A Broccoli and apples.
- B Milk and cheese.
- C Potatoes and pasta.
- D Eggs and fish.

4 How can relaxation help your body and mind?

- A It restores your energy.
- B It helps you to stay calm.
- C It allows your body to repair itself.
- D All of the above.

5 What does being lonely mean?

- A Spending time by yourself.
- B Feeling sad because you are alone or do not feel connected to others.
- C Enjoying some time by yourself.
- D Only having two or three friends.

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6 Which of these strengths is not realistic?

- A Invisibility.
- B Perseverance.
- C Courage.
- D Problem solving.

7 Which of these might help us to solve a problem?

- A Breaking it down into smaller steps.
- B Hoping it will go away.
- C Trying to solve it in one go.
- D Putting it off until tomorrow.

8 What is the benefit of eating fruit and vegetables?

- A They provide us with energy.
- B They provide us with vitamins which help to keep us healthy.
- C They provide us with fibre to help keep our guts healthy.
- D All of the above.

9 How often should you brush your teeth each day?

- A Once.
- B Never.
- C Twice.
- D Every two hours.

10 How does this image help us to stay healthy? Use the words on the board to help you.