

Name:

Date:

KS1 Quiz

Unit title: Health and wellbeing

1 How might you be able to tell that someone is feeling happy?

A They are frowning.

B They are smiling.

C They are shaking.

2 Exercise is good for...

A ...your body.

B ...your mind.

C ...your body and mind.

3 Which of these might be an achievable short-term goal?

A Learning ten words in a new language.

B Reading a book in a new language.

C Writing a letter in a new language.

4 Which of these food groups do we need small amounts of?

A Fruit and vegetables.

B Starchy foods (carbohydrates).

C Oils and spreads.

5 What can you do to look after your teeth?