

Name:

Date:

## KS2 Quiz

Unit title: Health and wellbeing

**1 Which of these statements is true?**

- A** Some people are happy all the time.
- B** Everyone will have the same feelings about a situation.
- C** During a day we can experience different emotions.
- D** Watching a funny film will always make someone feel happy.

**2 What is another word for resilience?**

- A** Perseverance.
- B** Confidence.
- C** Persuasion.
- D** Succeeding.

**3 Which of these is someone unlikely to feel when they fail?**

- A** Frustrated.
- B** Upset.
- C** Anxious.
- D** Delighted.

**4 Which of the following can help us achieve our goals? (Choose two.)**

- A** Planning when we want to achieve the goal by.
- B** Making sure that the goal is realistic.
- C** Leaving everything to the last minute.
- D** Trying once or twice and then giving up if we cannot achieve the goal.

**5 What is the best way to deal with a situation that has made you feel angry or upset?**

- A** Say the first thing that comes into your mind.
- B** Walk away and sulk.
- C** Stop and think about what you are going to say or do.
- D** Shout and stamp your feet.

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**6 What do calories tell us?**

- A How much water is in food.
- B How much energy is in food.
- C How many vitamins are in food.
- D How much fat is in food.

**7 Which of these affects the number of calories we need?**

- A Age, gender and how active we are.
- B Age, hair colour and how much sleep we get.
- C Gender, how active we are and our height.
- D How active we are.

**8 Which of the following are health benefits of being in the sun? (Choose two.)**

- A Gives us vitamin D.
- B Boosts serotonin, the happiness hormone.
- C Gives us vitamin C.
- D We can wear summer clothes.

**9 What can we do to protect ourselves from the sun?**

- A Wear a hat.
- B Wear a hat and sunglasses.
- C Wear a hat, sunglasses and suncream.
- D Wear a hat, sunglasses, suncream, a T-shirt and have some time in the shade.

**10 What can people do to help them get good quality sleep?**