

Name:

Date:

## KS2 Quiz

Unit title: Health and wellbeing

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

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

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

- A** Having a plan for when we want to do things.
- B** Leaving everything until the last minute.
- C** Asking someone we trust to help us.
- D** Giving up when we fail.

**3** How we react to a situation can affect...

- A** ...us.
- B** ...our family.
- C** ...our friends.
- D** All of the above.

**4** 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** Stop and think about what you are going to say or do.
- C** Walk away and sulk.
- D** Go and tell an adult.

**5** 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.

**6** 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.

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**7** 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.

**8** When is the sun strongest in this country?

- A** 12–2 p.m.
- B** 9–11 a.m.
- C** 4–7 p.m.
- D** 11 a.m–3 p.m.

**9** How might doing yoga make us feel? (Choose two.)

- A** Excited.
- B** Angry.
- C** Relaxed.
- D** Calm.

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