

Name:

Date:

KS2 Quiz

Unit title: Health and wellbeing

1 As we get older, what do we need to do?

- A** Forget what we have learnt about health.
- B** Let our friends tell us what to do.
- C** Take more responsibility for our health.
- D** Not worry about our health.

2 When is a good time to use relaxation techniques?

- A** Only when you get really stressed.
- B** Regularly through the week.
- C** When a teacher tells you.
- D** When you are told it is bedtime.

3 Which of these acronyms can help us to set goals?

- A** SHORT.
- B** SMART.
- C** START.
- D** STARS.

4 How do vaccinations work?

- A** By giving us a mild form of the disease which our bodies can build a resistance to.
- B** By curing a disease when we have got it.
- C** By giving us the full disease to see if it makes us really ill.
- D** By giving us drugs which cure the disease if we get it.

5 Which of these is false?

- A** Technology only has an impact on our mental health.
- B** Companies want us to keep using technology for as long as possible.
- C** Age restrictions help us decide what is suitable to watch or play.
- D** Using technology can stop us doing other activities.

6 Which of these can you not get a vaccine for?

- A** Influenza.
- B** Measles.
- C** Meningitis.
- D** Common cold.

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7 Which of these statements is false?

- A** Children can see a doctor with their mum or dad.
- B** Children cannot see a doctor on their own.
- C** Some surgeries have a nurse who can help with health questions.
- D** The NHS website is a good place to look for health advice.

8 What should you do if you notice changes in your body?

- A** Ignore it.
- B** Worry about it.
- C** Speak to an adult you trust.
- D** Google the changes.

9 Which of these statements best describes habits?

- A** Things that you do regularly which can be good or bad for you.
- B** Things that you do regularly which are bad for you.
- C** Things that you do occasionally.
- D** Things that an adult tells you to do.

10 Write a sentence about each of the four areas of physical health.