

Name:

Date:

KS1 Quiz

Unit title: Health and wellbeing

1 Which of these would a person with a growth mindset think?

A That did not work, I will try again.

B I am not good at this.

C I cannot do this.

2 Exercise is good for...

A ...your body.

B ...your mind.

C ...your body and mind.

3 Which of these are you likely to feel after doing breathing exercises?

A Angry.

B Calm.

C Nervous.

4 What might happen if we do not eat a healthy diet?

A We will have lots of energy.

B We are more likely to get ill.

C Our teeth will be healthy.

5 What can you do to look after your teeth?