

Name:

Date:

KS2 Quiz

Unit title: How does food affect muscle fatigue?

1 What variable could you change?

- A The time after food, muscles are tested.
- B The type of food eaten before muscles are tested.
- C The amount of food eaten before muscles are tested.
- D Any one of the above.

2 Which piece of measuring equipment can be used to measure time?

- A Thermometer.
- B Stopwatch.
- C Calorimeter.
- D Ruler.

3 Which of these is a prediction?

- A I think the muscles will fatigue slowest 30 minutes after food.
- B All the children in group 1 held their arms out for longer than a minute.
- C What is the pattern between food and muscle fatigue?
- D I held my arms out as long as I could.

4 Which method step is incorrect?

- A Raise your arms out either side of you.
- B Record the time until the next meal.
- C Start a stopwatch.
- D Record the time when your arms can no longer be held up due to muscle fatigue.

5 Which pupils' data might show an anomaly?

- A Pupil 1.
- B Pupil 2.
- C Pupil 3.
- D None of them.

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6 Which example correctly shows converting time in minutes into time in seconds?

- A 2.16 minutes = 216 seconds
- B 2.16 minutes = $60 + 16 = 76$ seconds
- C 2.16 minutes = $60 + 60 + 16 = 136$ seconds
- D 2.16 seconds = $216 - 60 = 76$ seconds

7 Which bar shows the longest time before muscles become fatigued?

- A Before lunch.
- B Immediately after lunch.
- C 30 minutes after lunch.
- D 60 minutes after lunch.

8 Which of these is a conclusion?

- A I think the muscles will fatigue slowest 30 minutes after food.
- B Mostly muscles fatigued slowest 30 mins after lunch due to energy from digestion.
- C I held my arms out as long as I could.
- D What pattern could be seen between food and muscle fatigue?

9 Which of these does not improve the degree of trust?

- A Repeating the muscle fatigue test every day of the week.
- B Guessing how long you held out your arms.
- C Doing the muscle fatigue test with all the pupils in the school.
- D Calculating average data for the class.

10 Write a plan to improve the trustworthiness of your results.