

CLASS HEALTH QUIZ

1.	How do you usu	ally come to sch	ool?	car	bike	bus	walk
2.	What physical a (football, soccer	ctivity do you do , tennis, dance, s			after school?		
3.	Do you sit up str	aight? hardly e	ver	sometimes	all the time		
4.	How much wate	r you should drin	k eac	h day? 1 cup	6-8 cups	28 cups	
5.	When do you ne	ed to drink more	wate	r?			
	when it is hot	after exercise	whe	n you are sick	all of these		

6. Name 5 things you can do to protect your skin from getting burnt when it is sunny?

1.	
2.	
3.	
4.	
5.	

- 7. Name your favourite fruit?
- 8. Name your favourite vegetable?
- 9. Draw an arrow to show foods we should eat

a lot of	some	a little
Meat	Bananas	Ice-cream
Eggs	Apples	Lollies
Milk	Lettuce	Chips
Beans	Carrot	Biscuits
	Potato	
ame the 5 food	arouns.	

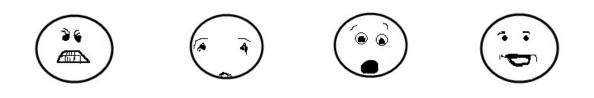
10. Name the 5 food groups:

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CLASS HEALTH QUIZ

- 11. Do you play outside after school most days?
- 12. What time do you go to bed?
- 13. What time do you get up in the morning?
- 14. How much sleep do you get each night?6 hrs 8 hrs 10hrs 15hrs
- 15. How do you feel if you don't get a good night's sleep?
- 16. How do you feel when you do get a good night's sleep?
- 17. What do you do to relax?
- 18. Describe how these children are feeling.



19. At playtime Sam and Sophie had an argument over who should get to play with the basketball. One of the children ended up feeling very angry and the other felt very sad. What could the child who felt angry do?

20. What could the child who felt sad do?



CLASS HEALTH QUIZ TALLY RESULLTS

Today's	Date:		
Today's	Date:		

1.	Number of stud	ents who usually	who usually come to school b		
	car	bike	bus	walk	

- 2. Physical activity students do you do on the weekend or after school: List activities and how many students engage in each one (football, soccer, etc).
- 3. Do you sit up straight? How many students answered: hardly ever sometimes all the time
- 4. How much water you should drink each day? How many students answered: 1 cup 6-8 cups 28 cups (Correct)
- 5. When do you need to drink more water? How many students answered:

when it is hot	ot after exercise	when you are sick	all of these
		-	(Correct)

- 6. Name 5 things you can do to protect your skin from getting burnt when it is sunny. How many students answered:
 - ~ Sunscreen
 - ~ Cover up
 - ~ Hat
 - ~ Shade
 - ~ Glasses
 - Time of day
- 7. Name your favourite fruit? List fruits and tally the number of students who liked that fruit.

- Name your favourite vegetable? List vegies and tally the number of students who liked 8. that vegetable
- 9. Tally the number of students who were able to connect the foods we should eat:

a lot of	some	a little
Meat Eggs Milk Beans	Bananas Apples Lettuce Carrot Potato	Ice-cream Lollies Chips Biscuits

10. Name the 5 food groups. Tally the number of students who identified:

		0 1 9					
Ce	reals	Meat	Dairy	Fruit	Vegetables		
	_						
11.	Do you play	outside most da	ays?				
	Yes	No					
12.	What time do	o you go to bed	? Tally the stu	dents' answer	s:		
	700-7:30pm	7:30-8	8:00pm	800-830pm	After 8:30pm		
13.	What time do	o you get up in t	the morning?				
	5:00-6:00am	6:00-	7:00am	7:00-8:00am	I. Contraction of the second se		
14.	How much sleep do you get each night? Tally students' responses:				responses:		
	6 hrs	8 hrs	10hrs (Correct)	15hrs			
15.	How do you feel if you don't get a good night's sleep? List & tally students' responses						
16.	How do you feel when you do get a good night's sleep? List & tally students' responses						
17.	What do you do to relax? List and tally students' responses						
10.00	19.20 Engage in a group discussion and share results						

responses

18-20. Engage in a group discussion and share results.