



CLASS HEALTH QUIZ

1. How do you usually come to school? car bike bus walk
2. What physical activity do you do on the weekend or after school? _____
(football, soccer, tennis, dance, swim, etc).
3. Do you sit up straight? hardly ever sometimes all the time
4. How much water you should drink each day? 1 cup 6-8 cups 28 cups
5. When do you need to drink more water?
when it is hot after exercise when 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	
10. Name the 5 food groups:

C	M	D	F	V
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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 RESULTS

Today's Date: _____

1. Number of students who usually come to school by:
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 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.

8. Name your favourite vegetable? List vegies and tally the number of students who liked 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	Bananas	Ice-cream
Eggs	Apples	Lollies
Milk	Lettuce	Chips
Beans	Carrot	Biscuits
	Potato	

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

Cereals	Meat	Dairy	Fruit	Vegetables
_____	_____	_____	_____	_____

11. Do you play outside most days?

Yes No

12. What time do you go to bed? Tally the students' answers:

700-7:30pm 7:30-8:00pm 800-830pm After 8:30pm

13. What time do you get up in the morning?

5:00-6:00am 6:00-7:00am 7:00-8:00am

14. How much sleep do you get each night? Tally students' responses:

6 hrs 8 hrs 10hrs 15hrs
(Correct)

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

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