

Attitude

When I am happy I like to
Play with my friends, ride my
bike, walk my dog, etc

Message: A happy body helps
to keep us healthy and strong.
Attitude is the ANSWER!

Air

Why should you breathe in
deeply?
To provide your body with oxy-
gen which every cell in your
body needs to produce energy.
Why is it important to sit up or
stand tall?
To expand your chest which in-
creases your intake of oxygen.

Nutrition

Name some healthy foods
Any foods from these food
groups:
Cereal
Meat
Dairy
Fruit
Vegetables

Rest

How many hours sleep
should you have each night?
10hrs

How does sleep help your
body?
It gives us energy.
It helps us grow, heal and
learn.

Exercise

Why is exercise good for you?
It strengthens your heart,
improves your fitness and
makes you feel happy.
How much should you do each
day? 60 mins or 1-2 hours

Water

How much water should you
drink each day?
Young children 4-6 cups per
day.
When should you drink more
water?
When it is hot or you are exer-
cising

Sunshine

Name 5 SunSmart
rules?
Shade, hat, sunscreen,
sunglasses, shirt, time
of day
How does sunshine help
your body?
It makes you happy and
helps your body grow
and heal.

Health Quiz Yr 2-3

ANSWERS



The ABC of Health & Wellbeing