

Attitude

What saying helps you remember the 'ABC of Health and Wellbeing'?

Do you know another positive saying about attitude?

How does having a good attitude help you?

Rest

How many hours sleep should you have each night?

How does sleep help your body?

What other ways can you rest your body?

Exercise

How much exercise should you do each day?

What should you do before and after each exercise session?

Why is exercise good for you?

Air

How does slouching affect your breathing?

How does sitting up or standing tall assist your breathing?

Name some parts of the body involved in breathing.

Nutrition

Name 2 fruit? 5 Veg?

Name the 5 food groups?

Name foods you should eat a lot of? Some of? A little of?

How should you eat?

Sunshine

Name 5 SunSmart rules?

How does sunshine help your body?

What does the UV index refer to?

Water

How much water should you drink each day?

When should you drink more water?



Health Quiz **Yr 4-6**