

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 oxygen 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 increases your intake of oxygen.

Nutrition

Name some healthy foods
Any foods from these food groups:

Cereals
Meats
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 exercising

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 1-2

ANSWERS



The ABC of Health & Wellbeing