

Attitude

When I am happy I like to

Air

Why should you breathe in deeply?

Why is it important to sit up or stand tall?

Nutrition

Name some healthy foods

Rest

How many hours sleep should you have each night?

How does sleep help your body?

Exercise

Why is exercise good for you?

How much exercise should you do each day?

Water

How much water should you drink each day?

When should you drink more water?

Sunshine

Name 5 SunSmart rules?

How does sunshine help your body?

Health Quiz Yr 1-2

