



It Takes 7 Health Quiz

ATTITUDE A positive attitude - list some benefits for your body Frowning or smiling – which uses the most muscles? Why is prolonged stress not good for the body?	
AIR What is the vital component of air for our body? Why is fresh air important in your house or workspace? How does posture affect breathing?	
NUTRITION What are the 5 food groups? Match these foods correctly A lot ... Sweets Some ... Fruit/Vegetables A little ... Meat/Dairy/Grains	C_____, M_____, D_____, F_____ & V_____ A lot - Some - A little -
SUNSHINE Can you name 5 SunSmart rules? When is it good to bask in the sun? What vitamin does our body make when we are exposed to sunshine?	
WATER How much water does a child need each day? An adult? When do we need more water? Which organ in our body benefits from us drinking adequate water?	
EXERCISE How much exercise does an adult need each day? What are the risks of a sedentary lifestyle? What are some benefits of exercise?	
REST How much sleep does a baby need? A primary school student? A teenager? An adult? List some benefits of sleep? What are other ways to calm the body?	