

**Q1 - Health - Understanding Health Concepts**

Which of these is a healthy snack?

1. Apple
2. Candy bar
3. Potato chips
4. Soda

**Q2 - Health - Understanding Health Concepts**

What should you do before eating to keep your hands clean?

1. Wipe them on your clothes
2. Rub them on the table
3. Shake them in the air
4. Wash them with soap and water

**Q3 - Health - Understanding Health Concepts**

What should you do before eating to keep your hands clean?

1. Wipe them on your clothes
2. Rub them on the table
3. Shake them in the air
4. Wash them with soap and water

**Q4 - Health - Understanding Health Concepts**

Which activity helps keep your body strong and healthy?

1. Watching TV all day
2. Playing outside
3. Sleeping all day
4. Eating only candy

**Q5 - Health - Understanding Health Concepts**

Why is it important to get enough sleep?

1. To feel tired
2. To watch more TV
3. To help your body rest and grow
4. To eat more snacks

**Q6 - Health - Understanding Health Concepts**

What should you wear on a sunny day to protect your skin?

1. A heavy coat
2. Sunscreen
3. Boots
4. A scarf

**Q7 - Health - Understanding Health Concepts**

Which drink is best for staying hydrated?

1. Soda
2. Water
3. Juice
4. Milk

**Q8 - Health - Understanding Health Concepts**

What should you do before eating to keep your hands clean?

1. Wipe them on your clothes
2. Rub them on the table
3. Shake them in the air
4. Wash them with soap and water

**Q9 - Health - Understanding Health Concepts**

What should you do if you cough or sneeze?

1. Cover your mouth with your elbow
2. Cover your mouth with your hand
3. Not cover your mouth
4. Cough or sneeze at others

**Q10 - Health - Understanding Health Concepts**

What should you do before eating to keep your hands clean?

1. Wipe them on your clothes
2. Rub them on the table
3. Shake them in the air
4. Wash them with soap and water

**Q11 - Health - Understanding Health Concepts**

What should you do before eating to keep your hands clean?

1. Wipe them on your clothes
2. Rub them on the table
3. Shake them in the air
4. Wash them with soap and water

**Q12 - Health - Understanding Health Concepts**

What should you do before eating to keep your hands clean?

1. Wipe them on your clothes
2. Rub them on the table
3. Shake them in the air
4. Wash them with soap and water

**Q13 - Health - Understanding Health Concepts**

Which of these is a healthy snack?

1. Apple
2. Candy bar
3. Potato chips
4. Soda

**Q14 - Health - Understanding Health Concepts**

Which activity helps keep your body strong and healthy?

1. Watching TV all day
2. Playing outside
3. Sleeping all day
4. Eating only candy

**Q15 - Health - Understanding Health Concepts**

Which drink is best for staying hydrated?

1. Soda
2. Water
3. Juice
4. Milk

**Q16 - Health - Safety**

Which of the following is a behavior that maximizes safety and lessens the risk of injury?

1. Running with scissors
2. Wearing a helmet while biking
3. Touching hot surfaces
4. Ignoring traffic signals

**Q17 - Health - Safety**

What should you do if you see a spilled liquid on the floor?

1. Walk over it carefully
2. Ignore it
3. Clean it up or inform an adult
4. Run through it

**Q18 - Health - Safety**

Why is it important to look both ways before crossing the street?

1. To see if friends are nearby
2. To check for oncoming traffic
3. To admire the scenery
4. To count the cars

**Q19 - Health - Safety**

Which environmental factor can pose a safety risk?

1. A well-lit room
2. A slippery floor
3. A clean playground
4. A dry sidewalk

**Q20 - Health - Safety**

What should you do if you find a broken glass on the floor?

1. Inform an adult
2. Pick it up with bare hands
3. Kick it aside
4. Ignore it

**Q21 - Health - Safety**

Why should you avoid playing near electrical outlets?

1. They are fun to play with
2. They can give you an electric shock
3. They are dirty
4. They are boring

**Q22 - Health - Safety**

What is a safe behavior when using scissors?

1. Throwing them to a friend
2. Cutting paper while pointing them away from you
3. Running while holding them
4. Leaving them open on the table

**Q23 - Health - Safety**

Why is it important to wear seat belts in a car?

1. To look cool
2. To stay safe during a ride
3. To move freely
4. To sleep comfortably

**Q24 - Health - Safety**

What should you do if a stranger offers you a ride?

1. Accept and be friendly
2. Say no and tell an adult
3. Ask where they are going
4. Go with them if they seem nice

**Q25 - Health - Safety**

What is the safest way to cross the street?

1. Run across quickly
2. Look both ways and cross carefully
3. Cross with your eyes closed
4. Only cross when cars are moving

**Q26 - Health - Safety**

Why is it important to wear a helmet when biking?

1. Because it looks nice
2. To protect your head from injuries
3. To match your bike
4. Because everyone else does

**Q27 - Health - Safety**

What should you do if there is a fire in your home?

1. Stay inside and ignore it
2. Get out quickly and call for help
3. Hide under a table
4. Wait for help

**Q28 - Health - Safety**

Why should you avoid talking to strangers online?

1. To make new friends
2. Because they are always nice
3. Because they may not be who they say they are
4. Because they are fun

**Q29 - Health - Safety**

What should you do if you feel unsafe in a situation?

1. Ignore your feelings
2. Tell a trusted adult
3. Stay alone
4. Do nothing

**Q30 - Health - Safety**

What is the best way to stay safe when playing outside?

1. Play in the street
2. Talk to strangers
3. Climb trees alone
4. Stay in safe areas with friends

**Q31 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which body part is commonly used to maintain balance in a static position?

1. Foot
2. Hand
3. Knee
4. Elbow

**Q32 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is the primary focus of yoga practices?

1. Strength
2. Flexibility
3. Relaxation
4. Speed

**Q33 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of the following is a locomotor movement?

1. Jumping
2. Stretching
3. Balancing
4. Twisting

**Q34 - Health - Movement Competence: Skills, Concepts, and Strategies**

When catching a ball, which body part is primarily used?

1. Hands
2. Feet
3. Knees
4. Head

**Q35 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which activity is an example of sending an object using your body?

1. Kicking a ball
2. Catching a ball
3. Balancing on one foot
4. Stretching arms

**Q36 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of these is a benefit of practicing yoga?

1. Increased stress
2. Improved flexibility
3. Decreased balance
4. Reduced strength

**Q37 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is a key component of static balance?

1. Movement
2. Stillness
3. Speed
4. Agility

**Q38 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which movement involves traveling from one place to another?

1. Twisting
2. Running
3. Balancing
4. Stretching

**Q39 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which body part is commonly used to receive a thrown object?

1. Hands
2. Feet
3. Elbows
4. Shoulders

**Q40 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is an example of a relaxation technique?

1. Sprinting
2. Yoga
3. Jumping jacks
4. Climbing



**Q41 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which movement skill involves maintaining a position without moving?

1. Balancing
2. Jumping
3. Catching
4. Throwing

**Q42 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which movement involves pushing off the ground to go into the air?

1. Running
2. Jumping
3. Stretching
4. Twisting

**Q43 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which skill is important for dribbling a basketball?

1. Throwing
2. Jumping
3. Balance
4. Catching

**Q44 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is an example of a non-locomotor movement?

1. Bending
2. Walking
3. Hopping
4. Running

**Q45 - Health - Movement Competence: Skills, Concepts, and Strategies**

What helps you move smoothly and control your movements?

1. Height
2. Speed
3. Strength
4. Coordination

**Q46 - Health - Active Participation**

What does it mean to participate actively in sports?

1. Joining the activity and trying your best
2. Sitting and watching others
3. Stopping when its hard
4. Only playing when its easy

**Q47 - Health - Active Participation**

Why is it important to drink water when playing outside?

1. It helps you jump higher
2. It keeps you cool
3. It helps you see better
4. It makes you look good

**Q48 - Health - Active Participation**

What should you wear when playing in the sun?

1. A hat and sunscreen
2. A jacket and boots
3. A scarf and gloves
4. Nothing special

**Q49 - Health - Active Participation**

Why is stretching important before exercising?

1. It helps your muscles get ready
2. It makes you run faster
3. It makes you tired quickly
4. It is not important

**Q50 - Health - Active Participation**

What does teamwork mean?

1. Cheering by yourself
2. Playing alone
3. Taking turns to lead
4. Working together to win

**Q51 - Health - Active Participation**

Why should you take breaks when exercising?

1. To rest and stay safe
2. To win the game
3. To stop playing
4. To make the game longer

**Q52 - Health - Active Participation**

What does it mean to eat healthy snacks after playing?

1. Eating fruits or nuts
2. Eating candy
3. Skipping snacks
4. Eating chips or soda

**Q53 - Health - Active Participation**

What should you do if you feel tired while playing?

1. Ask someone to carry you
2. Keep running fast
3. Rest and drink water
4. Sit quietly and do nothing

**Q54 - Health - Active Participation**

Why is it important to clean your hands before eating?

1. To keep germs away
2. To make your hands warm
3. To dry your hands
4. To keep dirt on them

**Q55 - Health - Active Participation**

What does it mean to cheer for your team?

1. Being upset when they lose
2. Talking loudly to others
3. Clapping for everyone
4. Encouraging them during the game

**Q56 - Health - Active Participation**

Why should we listen to the rules in a game?

1. To keep the game fair and fun
2. To win the game
3. To make people listen to you
4. To confuse others

**Q57 - Health - Active Participation**

Why is sharing important in team sports?

1. You win faster
2. You can take things from others
3. Everyone gets a chance
4. It wastes time

**Q58 - Health - Active Participation**

What is a good way to cool down after playing hard?

1. Drinking water and walking slowly
2. Sitting still and resting
3. Running more to stay active
4. Lying down to sleep

**Q59 - Health - Active Participation**

What should you do if a friend falls while playing?

1. Help them stand up
2. Laugh and keep playing
3. Tell others to ignore them
4. Run away to find help

**Q60 - Health - Active Participation**

Why is it fun to play games with friends?

1. You get tired together
2. You get to have fun together
3. You get to show off skills
4. It makes you the winner

**Q61 - Health - Social-Emotional Learning Skills**

What does it mean to be kind?

1. Being nice to others
2. Ignoring others
3. Helping others
4. Taking things

**Q62 - Health - Social-Emotional Learning Skills**

Which is the best way to solve a problem with a friend?

1. Blame them
2. Yell at them
3. Talk calmly
4. Ignore the problem

**Q63 - Health - Social-Emotional Learning Skills**

How can you show you care for someone who is sad?

1. Give them a hug
2. Laugh at them
3. Ask how they feel
4. Walk away

**Q64 - Health - Social-Emotional Learning Skills**

What should you say when you accidentally hurt someone?

1. Ignore them
2. Say 'I'm sorry'
3. Say nothing
4. Say 'It wasn't my fault'

**Q65 - Health - Social-Emotional Learning Skills**

What is a good way to cheer up a friend?

1. Tell them a joke
2. Ignore them
3. Give them space
4. Talk about yourself

**Q66 - Health - Social-Emotional Learning Skills**

What should you do if you feel angry?

1. Yell at others
2. Take a deep breath
3. Run away
4. Ignore the feeling

**Q67 - Health - Social-Emotional Learning Skills**

What does it mean to listen carefully?

1. Pay attention
2. Ignore what they say
3. Think about something else
4. Talk to someone else

**Q68 - Health - Social-Emotional Learning Skills**

Which of these is a helpful thing to say?

1. 'I don't care'
2. 'Go away'
3. 'Let me help you'
4. 'You are wrong'

**Q69 - Health - Social-Emotional Learning Skills**

How do you apologize sincerely?

1. Say 'I'm sorry'
2. Ignore it
3. Pretend nothing happened
4. Ask them to apologize

**Q69 - Health - Social-Emotional Learning Skills**

How do you apologize sincerely?

1. Say 'I'm sorry'
2. Ignore it
3. Pretend nothing happened
4. Ask them to apologize

**Q70 - Health - Social-Emotional Learning Skills**

What can you do to be a good team player?

1. Share ideas
2. Interrupt others
3. Refuse to participate
4. Listen to others

**Q71 - Health - Social-Emotional Learning Skills**

What should you do when someone helps you?

1. Say 'Thank you'
2. Ignore it
3. Smile
4. Say 'That's fine'

**Q72 - Health - Social-Emotional Learning Skills**

How can you show respect to your teacher?

1. Talk back
2. Follow instructions
3. Respect their time
4. Speak while they are talking

**Q73 - Health - Social-Emotional Learning Skills**

How can you show responsibility at school?

1. Do your homework
2. Be late to class
3. Leave your desk messy
4. Help clean up

**Q74 - Health - Social-Emotional Learning Skills**

What is one way to make a new friend?

1. Ignore them
2. Smile and say hello
3. Ask them to leave
4. Talk loudly

**Q75 - Health - Social-Emotional Learning Skills**

What does it mean to show empathy?

1. Understanding their feelings
2. Laugh at their problems
3. Tell them they are wrong
4. Feel happy for them

**Q76 - Health - Physical Fitness**

What does it mean to be physically fit?

1. Eating lots of candy
2. Being able to run, jump, and play without getting tired
3. Sleeping all day
4. Playing video games all the time

**Q77 - Health - Physical Fitness**

Which activity helps improve your heart health?

1. Running or jogging
2. Watching TV
3. Eating chips
4. Playing board games

**Q78 - Health - Physical Fitness**

How many minutes a day should kids be active?

1. 10 minutes
2. 30 minutes
3. 60 minutes
4. 5 minutes

**Q79 - Health - Physical Fitness**

Which of these is an example of exercise?

1. Brushing your teeth
2. Reading a book
3. Jumping rope
4. Sleeping



**Q80 - Health - Physical Fitness**

Why is drinking water important during exercise?

1. It helps your body stay cool and hydrated
2. It tastes good
3. It makes you run faster
4. It gives you magical powers

**Q81 - Health - Physical Fitness**

What should you do before starting exercise?

1. Eat candy
2. Warm up your muscles
3. Go to bed
4. Watch TV

**Q82 - Health - Physical Fitness**

Which food gives you energy to exercise?

1. Fruits and vegetables
2. Chips and soda
3. Cookies
4. Candy

**Q83 - Health - Physical Fitness**

What happens when you exercise regularly?

1. You feel more tired all the time
2. You become stronger and healthier
3. You never feel hungry
4. You grow shorter

**Q84 - Health - Physical Fitness**

Which is a good way to stay active indoors?

1. Playing tag
2. Doing jumping jacks
3. Sitting on the couch
4. Taking a nap

**Q85 - Health - Physical Fitness**

What should you do after exercising?

1. Stretch your muscles
2. Eat junk food
3. Go straight to sleep
4. Watch TV

**Q86 - Health - Physical Fitness**

Why is getting enough sleep important for fitness?

1. It makes you taller instantly
2. It helps your body rest and recover
3. It gives you more candy
4. It keeps you awake all night

**Q87 - Health - Physical Fitness**

Which of these is a good outdoor activity?

1. Playing video games
2. Hiking or walking
3. Watching cartoons
4. Sitting in a chair

**Q88 - Health - Physical Fitness**

What does exercise do for your muscles?

1. Makes them weaker
2. Makes them stronger
3. Makes them disappear
4. Makes them sleep

**Q89 - Health - Physical Fitness**

What is an example of stretching?

1. Touching your toes
2. Running in place
3. Jumping up and down
4. Sitting on a couch

**Q90 - Health - Physical Fitness**

Why should we exercise with friends?

1. It's more fun and motivating
2. You can skip exercise
3. They will do all the work
4. You don't need to try

## Answer Key

- Q1: Apple
- Q2: Wash them with soap and water
- Q3: Wash them with soap and water
- Q4: Playing outside
- Q5: To help your body rest and grow
- Q6: Sunscreen
- Q7: Water
- Q8: Wash them with soap and water
- Q9: Cover your mouth with your elbow
- Q10: Wash them with soap and water
- Q11: Wash them with soap and water
- Q12: Wash them with soap and water
- Q13: Apple
- Q14: Playing outside
- Q15: Water
- Q16: Wearing a helmet while biking
- Q17: Clean it up or inform an adult
- Q18: To check for oncoming traffic
- Q19: A slippery floor
- Q20: Inform an adult
- Q21: They can give you an electric shock
- Q22: Running while holding them
- Q23: To stay safe during a ride
- Q24: Say no and tell an adult
- Q25: Look both ways and cross carefully
- Q26: To protect your head from injuries
- Q27: Get out quickly and call for help
- Q28: Because they may not be who they say they are
- Q29: Tell a trusted adult
- Q30: Stay in safe areas with friends
- Q31: Foot
- Q32: Relaxation
- Q33: Jumping

- Q34: Hands
- Q35: Kicking a ball
- Q36: Improved flexibility
- Q37: Stillness
- Q38: Running
- Q39: Hands
- Q40: Yoga
- Q41: Balancing
- Q42: Jumping
- Q43: Balance
- Q44: Bending
- Q45: Coordination
- Q46: Joining the activity and trying your best
- Q47: It keeps you cool
- Q48: A hat and sunscreen
- Q49: It helps your muscles get ready
- Q50: Working together to win
- Q51: To rest and stay safe
- Q52: Eating fruits or nuts
- Q53: Rest and drink water
- Q54: To keep germs away
- Q55: Encouraging them during the game
- Q56: To keep the game fair and fun
- Q57: Everyone gets a chance
- Q58: Drinking water and walking slowly
- Q59: Help them stand up
- Q60: You get to have fun together
- Q61: Being nice to others
- Q62: Talk calmly
- Q63: Give them a hug
- Q64: Say 'I'm sorry'
- Q65: Tell them a joke
- Q66: Take a deep breath
- Q67: Pay attention
- Q68: 'Let me help you'

- Q69: Say 'I'm sorry'
- Q70: Refuse to participate
- Q71: Say 'Thank you'
- Q72: Follow instructions
- Q73: Do your homework
- Q74: Smile and say hello
- Q75: Understanding their feelings
- Q76: Being able to run, jump, and play without getting tired
- Q77: Running or jogging
- Q78: 60 minutes
- Q79: Jumping rope
- Q80: It helps your body stay cool and hydrated
- Q81: Warm up your muscles
- Q82: Fruits and vegetables
- Q83: You become stronger and healthier
- Q84: Doing jumping jacks
- Q85: Stretch your muscles
- Q86: It helps your body rest and recover
- Q87: Hiking or walking
- Q88: Makes them stronger
- Q89: Touching your toes
- Q90: It's more fun and motivating