

**Q1 - Health - Understanding Health Concepts**

What is the main function of the heart?

1. To pump blood throughout the body
2. To help us breathe
3. To digest food
4. To control our thoughts

**Q2 - Health - Understanding Health Concepts**

Which food group provides the most energy?

1. Fruits
2. Vegetables
3. Grains
4. Dairy

**Q3 - Health - Understanding Health Concepts**

How many hours of sleep do most 7-year-old children need each night?

1. 5-6 hours
2. 7-8 hours
3. 9-11 hours
4. 12-14 hours

**Q4 - Health - Understanding Health Concepts**

Which activity is best for strengthening your muscles?

1. Reading a book
2. Playing video games
3. Running and jumping
4. Watching TV

**Q5 - Health - Understanding Health Concepts**

Why is it important to wash your hands before eating?

1. To keep them warm
2. To remove germs
3. To make them smell nice
4. To dry them off

**Q6 - Health - Understanding Health Concepts**

What should you wear to protect your head while riding a bicycle?

1. A cap
2. A helmet
3. A scarf
4. A hood

**Q7 - Health - Understanding Health Concepts**

Which sense do we use to taste food?

1. Sight
2. Hearing
3. Taste
4. Touch

**Q8 - Health - Understanding Health Concepts**

Drinking water helps to keep our bodies:

1. Dry
2. Hydrated
3. Tired
4. Dirty

**Q9 - Health - Understanding Health Concepts**

What is a healthy snack choice?

1. Candy bar
2. Chips
3. Apple slices
4. Soda

**Q10 - Health - Understanding Health Concepts**

What is the main function of the heart?

1. To pump blood throughout the body
2. To help us breathe
3. To digest food
4. To control our thoughts

**Q11 - Health - Understanding Health Concepts**

How many hours of sleep do most 7-year-old children need each night?

1. 5-6 hours
2. 7-8 hours
3. 9-11 hours
4. 12-14 hours

**Q12 - Health - Understanding Health Concepts**

Why is it important to wash your hands before eating?

1. To keep them warm
2. To remove germs
3. To make them smell nice
4. To dry them off

**Q13 - Health - Understanding Health Concepts**

Which sense do we use to taste food?

1. Sight
2. Hearing
3. Taste
4. Touch

**Q14 - Health - Understanding Health Concepts**

What is a healthy snack choice?

1. Candy bar
2. Chips
3. Apple slices
4. Soda

**Q15 - Health - Understanding Health Concepts**

Which food group provides the most energy?

1. Fruits
2. Vegetables
3. Grains
4. Dairy

**Q16 - Health - Social-Emotional Learning Skills**

What is the first step in managing your emotions?

1. Ignoring them
2. Recognizing them
3. Hiding them
4. Forgetting them

**Q17 - Health - Social-Emotional Learning Skills**

Which of these is a healthy way to cope with stress?

1. Taking deep breaths
2. Yelling at others
3. Ignoring the problem
4. Keeping feelings inside

**Q18 - Health - Social-Emotional Learning Skills**

What does perseverance mean?

1. Giving up easily
2. Trying again after failing
3. Not starting tasks
4. Avoiding challenges

**Q19 - Health - Social-Emotional Learning Skills**

Which of these is a sign of a healthy relationship?

1. Feeling scared
2. Being ignored
3. Feeling supported
4. Being disrespected

**Q20 - Health - Social-Emotional Learning Skills Self-awareness helps you to:**

1. Understand others' feelings
2. Understand your own feelings
3. Ignore your feelings
4. Control others' feelings

**Q21 - Health - Social-Emotional Learning Skills**

Your sense of identity is:

1. How you see yourself
2. How others see you
3. How you see others
4. How others see themselves

**Q22 - Health - Social-Emotional Learning Skills**

Critical thinking involves:

1. Accepting information without question
2. Evaluating information carefully
3. Ignoring information
4. Memorizing information

**Q23 - Health - Social-Emotional Learning Skills**

Creative thinking helps you to:

1. Solve problems in new ways
2. Follow the same routine
3. Avoid challenges
4. Ignore new ideas

**Q24 - Health - Social-Emotional Learning Skills**

Managing emotions means:

1. Ignoring how you feel
2. Recognizing and controlling your feelings
3. Letting feelings control you
4. Hiding your feelings

**Q25 - Health - Social-Emotional Learning Skills**

How can you show empathy?

1. Ignoring others' feelings
2. Understanding how they feel
3. Walking away without caring
4. Being mean

**Q26 - Health - Social-Emotional Learning Skills**

Which action shows good self-regulation?

1. Acting on every emotion
2. Thinking before reacting
3. Not caring about consequences
4. Yelling when upset

**Q27 - Health - Social-Emotional Learning Skills**

Why is teamwork important?

1. To work alone
2. To achieve a shared goal
3. To win arguments
4. To be better than others

**Q28 - Health - Social-Emotional Learning Skills**

How can you be a good friend?

1. Ignoring friends
2. Being kind and respectful
3. Making fun of their mistakes
4. Never helping them

**Q29 - Health - Social-Emotional Learning Skills**

What is one way to solve conflicts peacefully?

1. Yelling at the other person
2. Talking calmly and listening
3. Blaming the other person
4. Ignoring the problem

**Q30 - Health - Social-Emotional Learning Skills**

Why is listening important in communication?

1. Talking without stopping
2. Understanding what others are saying
3. Waiting to speak
4. Not paying attention

**Q31 - Health - Active Living**

Which of these activities is considered a form of exercise?

1. Reading a book
2. Watching TV
3. Running in the park
4. Sleeping

**Q32 - Health - Active Living**

How many minutes of physical activity should children aim for each day?

1. 30 minutes
2. 60 minutes
3. 90 minutes
4. 120 minutes

**Q33 - Health - Active Living**

Which of these is a benefit of regular physical activity?

1. Improved sleep
2. Increased energy
3. Stronger muscles
4. All of the above

**Q34 - Health - Active Living**

Which of these is a team sport?

1. Swimming
2. Soccer
3. Running
4. Cycling

**Q35 - Health - Active Living**

Why is stretching important before exercise?

1. To make muscles stronger
2. To prevent injuries
3. To get tired quickly
4. To run faster

**Q36 - Health - Active Living**

Which of these is a healthy post-exercise snack?

1. Candy bar
2. Apple slices
3. Soda
4. Chips

**Q37 - Health - Active Living**

What should you wear to stay safe while biking?

1. A helmet
2. Sandals
3. A scarf
4. A backpack

**Q38 - Health - Active Living**

Which activity is best for building strong bones?

1. Playing video games
2. Jumping rope
3. Watching movies
4. Listening to music

**Q39 - Health - Active Living**

How does drinking water help during exercise?

1. It keeps you hydrated
2. It makes you sleepy
3. It cools you down
4. It makes you hungry

**Q40 - Health - Active Living**

Which of these activities is considered a form of exercise?

1. Reading a book
2. Watching TV
3. Running in the park
4. Sleeping



**Q41 - Health - Active Living**

Which of these is a benefit of regular physical activity?

1. Improved sleep
2. Increased energy
3. Stronger muscles
4. All of the above

**Q42 - Health - Active Living**

Why is stretching important before exercise?

1. To make muscles stronger
2. To prevent injuries
3. To get tired quickly
4. To run faster

**Q43 - Health - Active Living**

What should you wear to stay safe while biking?

1. A helmet
2. Sandals
3. A scarf
4. A backpack

**Q44 - Health - Active Living**

How does drinking water help during exercise?

1. It keeps you hydrated
2. It makes you sleepy
3. It cools you down
4. It makes you hungry

**Q45 - Health - Active Living**

How many minutes of physical activity should children aim for each day?

1. 30 minutes
2. 60 minutes
3. 90 minutes
4. 120 minutes

**Q46 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of the following is a daily physical activity?

1. Brushing your teeth
2. Playing video games
3. Walking to school
4. Watching TV

**Q47 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is yoga primarily used for?

1. Building strength
2. Improving flexibility and relaxation
3. Running faster
4. Eating healthier

**Q48 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of these is a locomotor movement?

1. Standing still
2. Jumping
3. Sitting
4. Lying down

**Q49 - Health - Movement Competence: Skills, Concepts, and Strategies**

What does practicing movement skills help improve?

1. Sleeping habits
2. Reading skills
3. Physical coordination
4. Eating habits

**Q50 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is yoga primarily used for?

1. Building strength
2. Improving flexibility and relaxation
3. Running faster
4. Eating healthier

**Q49 - Health - Movement Competence: Skills, Concepts, and Strategies**

What does practicing movement skills help improve?

5. Sleeping habits
6. Reading skills
7. Physical coordination
8. Eating habits

**Q50 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is yoga primarily used for?

5. Building strength
6. Improving flexibility and relaxation
7. Running faster
8. Eating healthier

**Q51 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is an example of a non-locomotor movement?

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

**Q52 - Health - Movement Competence: Skills, Concepts, and Strategies**

How can daily physical activities benefit your health?

1. They make you taller
2. They improve physical fitness
3. They change your eye color
4. They increase your shoe size

**Q53 - Health - Movement Competence: Skills, Concepts, and Strategies**

What does practicing movement skills help improve?

1. Sleeping habits
2. Reading skills
3. Physical coordination
4. Eating habits

**Q54 - Health - Movement Competence: Skills, Concepts, and Strategies**

What does the term 'locomotor' refer to in physical education?

1. Movements that stay in place
2. Movements that travel from one location to another
3. Movements that involve only the arms
4. Movements that involve only the legs

**Q55 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of the following is a benefit of practicing yoga?

1. Improved flexibility
2. Increased sugar intake
3. Decreased muscle strength
4. Reduced sleep

**Q56 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is yoga primarily used for?

1. Building strength
2. Improving flexibility and relaxation
3. Running faster
4. Eating healthier

**Q57 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is yoga primarily used for?

1. Building strength
2. Improving flexibility and relaxation
3. Running faster
4. Eating healthier

**Q58 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of the following is a benefit of practicing yoga?

1. Improved flexibility
2. Increased sugar intake
3. Decreased muscle strength
4. Reduced sleep

**Q59 - Health - Movement Competence: Skills, Concepts, and Strategies**

What does practicing movement skills help improve?

1. Sleeping habits
2. Reading skills
3. Physical coordination
4. Eating habits

**Q60 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of the following is a daily physical activity?

1. Brushing your teeth
2. Playing video games
3. Walking to school
4. Watching TV

## Answer Key

- Q1: To pump blood throughout the body
- Q2: Grains
- Q3: 9-11 hours
- Q4: Running and jumping
- Q5: To remove germs
- Q6: A helmet
- Q7: Taste
- Q8: Hydrated
- Q9: Apple slices
- Q10: To pump blood throughout the body
- Q11: 9-11 hours
- Q12: To remove germs
- Q13: Taste
- Q14: Apple slices
- Q15: Grains
- Q16: Recognizing them
- Q17: Taking deep breaths
- Q18: Trying again after failing
- Q19: Feeling supported
- Q20: Understand your own feelings
- Q21: How you see yourself
- Q22: Evaluating information carefully
- Q23: Follow the same routine
- Q24: Recognizing and controlling your feelings
- Q25: Understanding how they feel
- Q26: Thinking before reacting
- Q27: To be better than others
- Q28: Being kind and respectful
- Q29: Talking calmly and listening
- Q30: Understanding what others are saying
- Q31: Running in the park
- Q32: 60 minutes
- Q33: All of the above

- Q34: Soccer
- Q35: To prevent injuries
- Q36: Apple slices
- Q37: A helmet
- Q38: Jumping rope
- Q39: It keeps you hydrated
- Q40: Running in the park
- Q41: All of the above
- Q42: To prevent injuries
- Q43: A helmet
- Q44: It keeps you hydrated
- Q45: 60 minutes
- Q46: Walking to school
- Q47: Improving flexibility and relaxation
- Q48: Jumping
- Q49: Physical coordination
- Q50: Improving flexibility and relaxation
- Q51: Stretching
- Q52: They improve physical fitness
- Q53: Physical coordination
- Q54: Movements that travel from one location to another
- Q55: Improved flexibility
- Q56: Improving flexibility and relaxation
- Q57: Improving flexibility and relaxation
- Q58: Improved flexibility
- Q59: Physical coordination
- Q60: Walking to school