

**Q1 - Health - Active Living**

Why is it important to listen to others during group activities?

1. It helps in understanding different perspectives and promotes teamwork.
2. It allows you to interrupt others.
3. It makes the activity longer.
4. It has no effect on the group.

**Q2 - Health - Active Living**

What should you do if you feel pain during exercise?

1. Drink soda.
2. Continue pushing harder.
3. Ignore it and keep going.
4. Stop and rest.

**Q3 - Health - Active Living**

What is an important safety rule when exercising?

1. Exercising without breaks.
2. Ignoring injuries.
3. Warming up before starting.
4. Skipping stretching.

**Q4 - Health - Active Living**

What is the first step in resolving a conflict peacefully?

1. Identifying the issue and understanding each other's viewpoints.
2. Ignoring the problem.
3. Yelling to be heard.
4. Walking away without discussion.

**Q5 - Health - Active Living**

What is the main benefit of strength training?

1. It makes you shorter.
2. It helps build muscle and improve endurance.
3. It decreases energy levels.

4. It weakens your bones.

**Q6 - Health - Active Living**

Which factor can increase your enjoyment during physical activities?

1. Participating in activities you are interested in.
2. Forcing yourself into hard exercises.
3. Avoiding group activities.
4. Not setting goals.

**Q7 - Health - Active Living**

What is an example of a physical activity that improves flexibility?

1. Sitting for long periods.
2. Sprinting.
3. Weightlifting.
4. Stretching exercises like yoga.

**Q8 - Health - Active Living**

Which of the following can influence your choice of physical activity?

1. Personal interests and available resources.
2. The color of your clothes.
3. Your favorite TV show.
4. How loud the gym is.

**Q9 - Health - Active Living**

Why is hydration important during physical activity?

1. It makes you sweat more.
2. It helps prevent dehydration and keeps the body functioning.
3. It slows you down.
4. It has no effect.

**Q10 - Health - Active Living**

How does regular exercise help mental health?

1. It makes you angry.

2. It increases tiredness all day.
3. It reduces stress and boosts mood.
4. It has no effect on your brain.

**Q11 - Health - Active Living**

What is a good way to recover after exercise?

1. Stretching and drinking water.
2. Eating lots of junk food.
3. Skipping meals.
4. Exercising more without resting.

**Q12 - Health - Active Living**

What is a good way to make exercise more enjoyable?

1. Avoiding exercise completely.
2. Doing activities you dislike.
3. Exercising with friends or family.
4. Exercising only once a month.

**Q13 - Health - Active Living**

What is an example of a healthy snack after physical activity?

1. A banana with peanut butter.
2. A bag of chips.
3. A can of soda.
4. Candy.

**Q14 - Health - Active Living**

How can setting goals help you stay active?

1. It makes activities less fun.
2. It helps track progress and keeps you motivated.
3. It forces you to only do one activity.
4. It is unnecessary.

**Q15 - Health - Active Living**

How many minutes of physical activity are recommended for children daily?

1. 5 minutes.
2. 15 minutes.
3. 90 minutes.
4. 60 minutes.

**Q16 - Health - Healthy Living Making Connections for Healthy Living**

Which of the following is a benefit of eating a balanced diet?

1. Improved energy levels
2. Increased risk of heart disease
3. Higher cholesterol levels
4. Decreased bone density

**Q17 - Health - Healthy Living Making Connections for Healthy Living**

What is the primary purpose of wearing a helmet during activities like biking?

1. To look stylish
2. To prevent sunburn
3. To protect the head from injuries
4. To improve aerodynamics

**Q18 - Health - Healthy Living Making Connections for Healthy Living**

Which nutrient is essential for building and repairing body tissues?

1. Carbohydrates
2. Proteins
3. Fats
4. Vitamins

**Q19 - Health - Healthy Living Making Connections for Healthy Living**

At what age is it recommended to start learning about human development and sexual health?

1. Before puberty
2. After puberty
3. Only in high school
4. Only in college

**Q20 - Health - Healthy Living Making Connections for Healthy Living**

Which of the following is a strategy to prevent injuries during physical activity?

1. Ignoring pain signals
2. Wearing appropriate protective equipment
3. Skipping warm-up exercises
4. Exercising without hydration

**Q21 - Health - Healthy Living Making Connections for Healthy Living**

What is a common sign that someone may be experiencing puberty?

1. Decreased appetite
2. Development of secondary sexual characteristics
3. Reduced need for sleep
4. Loss of interest in social activities

**Q22 - Health - Healthy Living Making Connections for Healthy Living**

Why is it important to understand human development and sexual health?

1. To promote healthy relationships
2. To make informed decisions about one's body
3. To understand changes during puberty
4. All of the above

**Q23 - Health - Healthy Living Making Connections for Healthy Living**

Which food group should make up the largest portion of a healthy meal?

1. Protein
2. Fruits and Vegetables
3. Dairy
4. Sweets and Snacks

**Q24 - Health - Healthy Living Making Connections for Healthy Living**

What is an important way to prevent the spread of germs?

1. Washing hands regularly
2. Sharing personal items
3. Sneezing without covering mouth
4. Avoiding exercise

**Q25 - Health - Healthy Living Making Connections for Healthy Living**

How much water should a person drink daily to stay hydrated?

1. About 1 cup
2. About 2 liters (8 glasses)
3. No need to drink water
4. Only when feeling thirsty

**Q26 - Health - Healthy Living Making Connections for Healthy Living**

Which activity is an example of physical exercise?

1. Watching TV
2. Reading a book
3. Running or playing a sport
4. Sleeping

**Q27 - Health - Healthy Living Making Connections for Healthy Living**

Why is sleep important for good health?

1. It helps the body rest and recover
2. It increases stress
3. It makes people feel tired
4. It prevents hunger

**Q28 - Health - Healthy Living Making Connections for Healthy Living**

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

1. Stay silent and do nothing
2. Speak up and ask for help
3. Wait for someone else to notice
4. Ignore the problem

**Q29 - Health - Healthy Living Making Connections for Healthy Living**

What is a good way to manage stress?

1. Keeping emotions bottled up
2. Talking to a trusted friend or adult
3. Ignoring your feelings

4. Avoiding activities you enjoy

**Q30 - Health - Healthy Living Making Connections for Healthy Living**

Which of the following is a sign of a healthy friendship?

1. Feeling pressured to do things you dont want to do
2. Being able to trust and respect each other
3. Being afraid to express your feelings
4. Only spending time together in certain situations

**Q31 - Health - Social-Emotional Learning Skills**

What is the first step in effectively managing your emotions?

1. Identifying the emotion you're feeling
2. Ignoring the emotion
3. Acting out based on the emotion
4. Suppressing the emotion

**Q32 - Health - Social-Emotional Learning Skills**

How can you build self-confidence?

1. Focus only on weaknesses
2. Compare yourself to others
3. Practice new skills
4. Avoid challenges

**Q33 - Health - Social-Emotional Learning Skills**

Which of the following is a healthy coping strategy for managing stress?

1. Deep breathing exercises
2. Ignoring the stressor
3. Overeating junk food
4. Procrastinating on tasks

**Q34 - Health - Social-Emotional Learning Skills**

What does perseverance mean in the context of personal development?

1. Giving up when things get tough

2. Continuing to work towards a goal despite challenges
3. Avoiding difficult tasks
4. Seeking the easiest path

**Q35 - Health - Social-Emotional Learning Skills**

Which of the following is a characteristic of a healthy relationship?

1. Open and honest communication
2. Constant criticism
3. Ignoring each other's needs
4. Frequent arguments

**Q36 - Health - Social-Emotional Learning Skills**

What is the best way to resolve a conflict?

1. Avoid the issue
2. Yell and argue
3. Talk calmly and find a solution
4. Blame the other person

**Q37 - Health - Social-Emotional Learning Skills**

What is an effective way to handle peer pressure?

1. Say no confidently
2. Give in to fit in
3. Avoid making decisions
4. Copy what others do

**Q38 - Health - Social-Emotional Learning Skills**

How can you show empathy to a friend in distress?

1. Ignore their feelings
2. Listen and offer support
3. Change the topic
4. Tell them to move on

**Q39 - Health - Social-Emotional Learning Skills**

How does positive thinking help?



1. Encourages negative emotions
2. Makes no difference
3. Increases resilience
4. Leads to unrealistic goals

**Q40 - Health - Social-Emotional Learning Skills**

Which action shows responsibility?

1. Completing tasks on time
2. Blaming others
3. Making excuses
4. Avoiding work

**Q41 - Health - Social-Emotional Learning Skills**

Why is goal-setting important?

1. It makes tasks harder
2. It helps with motivation
3. It has no impact
4. It limits success

**Q42 - Health - Social-Emotional Learning Skills**

Why is teamwork valuable?

1. Helps achieve shared goals
2. Creates problems
3. Slows down progress
4. Makes things more difficult

**Q43 - Health - Social-Emotional Learning Skills**

Self-awareness involves which of the following?

1. Focusing solely on others
2. Understanding your own thoughts and feelings
3. Ignoring personal emotions
4. Avoiding self-reflection

**Q44 - Health - Social-Emotional Learning Skills**

What should you do if you feel overwhelmed?

1. Keep adding more tasks
2. Ignore your feelings
3. Take a break and breathe
4. Give up completely

**Q45 - Health - Social-Emotional Learning Skills**

What is self-regulation?

1. Ignoring rules
2. Managing emotions and behaviors
3. Letting emotions control actions
4. Reacting without thinking

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

What is the term for moving your body weight in a controlled manner against resistance?

1. Locomotor movement
2. Counter-tension transfer
3. Controlled weight transfer
4. Dynamic balance

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

Which movement involves traveling from one place to another at varying speeds?

1. Locomotor movement
2. Static balance
3. Object manipulation
4. Flexibility exercise

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

Adjusting for speed and distance is crucial when performing which action?

1. Balancing
2. Sending and receiving objects
3. Stretching
4. Jumping

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

What skill involves keeping control of objects moving at different speeds and directions?

1. Object retention
2. Dynamic stretching
3. Static balance
4. Locomotor movement

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

Demonstrating movement skills while following rules pertains to which concept?

1. Movement strategies
2. Flexibility training
3. Aerobic exercise
4. Strength conditioning

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

What is the term for moving your body weight in a controlled manner against resistance?

1. Locomotor movement
2. Counter-tension transfer
3. Controlled weight transfer
4. Dynamic balance

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

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3. Object manipulation
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**Q54 - Health - Movement Competence: Skills, Concepts, and Strategies**

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

Demonstrating movement skills while following rules pertains to which concept?

1. Movement strategies
2. Flexibility training
3. Aerobic exercise
4. Strength conditioning

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

What type of movement skill is dribbling a basketball?

1. Locomotor skill
2. Manipulative skill
3. Static balance
4. Flexibility skill

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

Maintaining body control while standing on one foot is an example of what skill?

1. Dynamic balance
2. Manipulative skill
3. Static balance
4. Locomotor skill

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

What is an example of a locomotor skill?

1. Running

2. Balancing
3. Throwing
4. Catching

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

What strategy is useful in avoiding collisions while playing sports?

1. Awareness of surroundings
2. Closing your eyes
3. Ignoring others
4. Running fast

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

How can a player effectively pass a soccer ball to a teammate?

1. By kicking with the inside of the foot
2. By throwing it
3. By kicking as hard as possible
4. By standing still

**Q61 - Health - Healthy Living Understanding Health Concepts**

What is the primary focus of personal safety and injury prevention?

1. Avoiding accidents and injuries through safe practices
2. Learning about nutrition and diet
3. Understanding human anatomy
4. Managing stress and emotions

**Q62 - Health - Healthy Living Understanding Health Concepts**

Which of the following is a common consequence of substance abuse?

1. Improved concentration and focus
2. Enhanced physical fitness
3. Addiction and health problems
4. Better interpersonal relationships

**Q63 - Health - Healthy Living Understanding Health Concepts**

Who can you approach for support if you or someone you know is experiencing mental health

issues?

1. A trusted adult, like a teacher or parent
2. A stranger
3. Only yourself
4. No one

**Q64 - Health - Healthy Living Understanding Health Concepts**

At what stage of life do significant physical changes associated with puberty typically occur?

1. Infancy
2. Childhood
3. Adolescence
4. Adulthood

**Q65 - Health - Healthy Living Understanding Health Concepts**

Why is sleep important for your health?

1. It helps your body rest and recover
2. It makes you eat more food
3. It causes stress and anxiety
4. It has no impact on your health

**Q66 - Health - Healthy Living Understanding Health Concepts**

What is a key factor in maintaining good personal hygiene?

1. Skipping showers daily
2. Washing hands and brushing teeth regularly
3. Avoiding fresh air and sunlight
4. Never cutting your nails

**Q67 - Health - Healthy Living Understanding Health Concepts**

Who can you approach for support if you or someone you know is experiencing mental health issues?

1. A trusted adult, like a teacher or parent
2. A stranger
3. Only yourself

4. No one

**Q68 - Health - Healthy Living Understanding Health Concepts**

How are thoughts, emotions, and actions interconnected?

1. Thoughts influence emotions, which then influence actions
2. Actions determine thoughts, which then determine emotions
3. Emotions have no connection to thoughts or actions
4. Thoughts and actions are unrelated

**Q69 - Health - Healthy Living Understanding Health Concepts**

What is a key strategy for preventing injuries during physical activities?

1. Ignoring safety equipment
2. Wearing appropriate protective gear
3. Pushing yourself beyond your limits
4. Skipping warm-up exercises

**Q70 - Health - Healthy Living Understanding Health Concepts**

What is the role of water in maintaining good health?

1. It keeps the body hydrated and helps digestion
2. It has no effect on the body
3. It should be replaced with sugary drinks
4. It causes dehydration

**Q71 - Health - Healthy Living Understanding Health Concepts**

Which behavior is an example of substance misuse?

1. Taking medication as prescribed
2. Using someone else's prescription medication
3. Eating a balanced diet
4. Exercising regularly

**Q72 - Health - Healthy Living Understanding Health Concepts**

Which of the following is a healthy way to cope with stress?

1. Ignoring your problems

2. Exercising or talking to someone
3. Bottling up emotions
4. Eating junk food

**Q73 - Health - Healthy Living Understanding Health Concepts**

Why is it important to eat a balanced diet?

1. It helps build strong bones and muscles
2. It makes you taller
3. It prevents all diseases completely
4. It removes the need for sleep

**Q74 - Health - Healthy Living Understanding Health Concepts**

What is the best way to prevent the spread of germs?

1. Sharing personal items
2. Washing hands frequently
3. Sneezing without covering your mouth
4. Avoiding exercise

**Q75 - Health - Healthy Living Understanding Health Concepts**

What is the primary benefit of regular exercise?

1. It improves physical and mental health
2. It guarantees you will never get sick
3. It replaces the need for healthy eating
4. It makes you taller instantly

**Q76 - Health - Healthy Living - Making Healthy Choices**

Which of the following factors can influence our eating habits?

1. Cultural background
2. Personal preferences
3. Advertising
4. All of the above

**Q77 - Health - Healthy Living - Making Healthy Choices**

What is a common physical cue that indicates hunger?



1. Stomach growling
2. Sweating
3. Increased heart rate
4. Dizziness

**Q78 - Health - Healthy Living - Making Healthy Choices**

Which of the following is a strategy for personal safety and injury prevention?

1. Ignoring safety rules
2. Wearing protective gear
3. Taking unnecessary risks
4. Avoiding safety equipment

**Q79 - Health - Healthy Living - Making Healthy Choices**

Which substance is commonly misused and can lead to addiction?

1. Water
2. Fruits
3. Tobacco
4. Vegetables

**Q80 - Health - Healthy Living - Making Healthy Choices**

During adolescence, which of the following changes is primarily physical?

1. Developing a deeper voice
2. Feeling more independent
3. Forming stronger friendships
4. Seeking new experiences

**Q81 - Health - Healthy Living - Making Healthy Choices**

What is an important aspect of building healthy relationships?

1. Ignoring others' feelings
2. Practicing self-respect
3. Being dishonest
4. Disregarding consent

**Q82 - Health - Healthy Living - Making Healthy Choices**

Which factor does NOT influence eating habits?

1. Cultural traditions
2. Personal likes and dislikes
3. Weather patterns
4. Media advertisements

**Q83 - Health - Healthy Living - Making Healthy Choices**

Which is a common sign of thirst?

1. Dry mouth
2. Sweating
3. Shivering
4. Blurred vision

**Q84 - Health - Healthy Living - Making Healthy Choices**

What is a proactive measure to prevent injuries?

1. Ignoring warning signs
2. Following safety guidelines
3. Taking shortcuts
4. Neglecting safety equipment

**Q85 - Health - Healthy Living - Making Healthy Choices**

Which behavior can lead to substance addiction?

1. Regular exercise
2. Balanced diet
3. Experimenting with drugs
4. Reading books

**Q86 - Health - Healthy Living - Making Healthy Choices**

Which of the following is an example of a healthy way to cope with stress?

1. Ignoring the problem
2. Talking to a trusted person
3. Bottling up emotions
4. Skipping meals

**Q87 - Health - Healthy Living - Making Healthy Choices**

Which nutrient is essential for building strong bones?

1. Protein
2. Vitamin C
3. Calcium
4. Fiber

**Q88 - Health - Healthy Living - Making Healthy Choices**

What is an important habit for maintaining good hygiene?

1. Washing hands regularly
2. Sharing personal items
3. Wearing the same clothes daily
4. Avoiding showers

**Q89 - Health - Healthy Living - Making Healthy Choices**

Why is getting enough sleep important for health?

1. It helps the body rest and recover
2. It makes the day longer
3. It prevents hunger
4. It replaces the need for exercise

**Q90 - Health - Healthy Living - Making Healthy Choices**

What is a key benefit of regular physical activity?

1. Improved heart health
2. Increased stress
3. Weaker muscles
4. Less energy

## Answer Key

Q1: It helps in understanding different perspectives and promotes teamwork.

Q2: Stop and rest.

Q3: Warming up before starting.

Q4: Identifying the issue and understanding each other's viewpoints.

Q5: It helps build muscle and improve endurance.

Q6: Participating in activities you are interested in.

Q7: Stretching exercises like yoga.

Q8: Personal interests and available resources.

Q9: It helps prevent dehydration and keeps the body functioning.

Q10: It reduces stress and boosts mood.

Q11: Stretching and drinking water.

Q12: Exercising with friends or family.

Q13: A banana with peanut butter.

Q14: It helps track progress and keeps you motivated.

Q15: 60 minutes.

Q16: Improved energy levels

Q17: To protect the head from injuries

Q18: Proteins

Q19: Before puberty

Q20: Wearing appropriate protective equipment

Q21: Development of secondary sexual characteristics

Q22: All of the above

Q23: Fruits and Vegetables

Q24: Washing hands regularly

Q25: About 2 liters (8 glasses)

Q26: Running or playing a sport

Q27: It helps the body rest and recover

Q28: Speak up and ask for help

Q29: Talking to a trusted friend or adult

Q30: Being able to trust and respect each other

Q31: Identifying the emotion you're feeling

Q32: Practice new skills

Q33: Deep breathing exercises

- Q34: Continuing to work towards a goal despite challenges
- Q35: Open and honest communication
- Q36: Talk calmly and find a solution
- Q37: Say no confidently
- Q38: Listen and offer support
- Q39: Increases resilience
- Q40: Completing tasks on time
- Q41: It helps with motivation
- Q42: Helps achieve shared goals
- Q43: Understanding your own thoughts and feelings
- Q44: Take a break and breathe
- Q45: Managing emotions and behaviors
- Q46: Controlled weight transfer
- Q47: Locomotor movement
- Q48: Sending and receiving objects
- Q49: Object retention
- Q50: Movement strategies
- Q51: Controlled weight transfer
- Q52: Locomotor movement
- Q53: Sending and receiving objects
- Q54: Object retention
- Q55: Movement strategies
- Q56: Manipulative skill
- Q57: Static balance
- Q58: Running
- Q59: Awareness of surroundings
- Q60: By kicking with the inside of the foot
- Q61: Avoiding accidents and injuries through safe practices
- Q62: Addiction and health problems
- Q63: A trusted adult, like a teacher or parent
- Q64: Adolescence
- Q65: It helps your body rest and recover
- Q66: Washing hands and brushing teeth regularly
- Q67: A trusted adult, like a teacher or parent
- Q68: Thoughts influence emotions, which then influence actions

- Q69: Wearing appropriate protective gear
- Q70: It keeps the body hydrated and helps digestion
- Q71: Using someone else's prescription medication
- Q72: Exercising or talking to someone
- Q73: It helps build strong bones and muscles
- Q74: Washing hands frequently
- Q75: It improves physical and mental health
- Q76: All of the above
- Q77: Stomach growling
- Q78: Wearing protective gear
- Q79: Tobacco
- Q80: Developing a deeper voice
- Q81: Practicing self-respect
- Q82: Weather patterns
- Q83: Dry mouth
- Q84: Following safety guidelines
- Q85: Experimenting with drugs
- Q86: Talking to a trusted person
- Q87: Calcium
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- Q90: Improved heart health