

## 2cool4school - Grade 7 Health Worksheet

### Q1 - Health - Healthy Living

Which of the following is a benefit of regular physical activity?

1. Improves mood
2. Increases energy levels
3. Reduces risk of chronic diseases
4. All of the above

### Q2 - Health - Healthy Living

What is the recommended amount of sleep for teenagers per night?

1. 6-7 hours
2. 8-10 hours
3. 10-12 hours
4. 5-6 hours

### Q3 - Health - Healthy Living

Which nutrient is essential for building and repairing tissues?

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

### Q4 - Health - Healthy Living

How many minutes of moderate to vigorous physical activity should adolescents engage in daily?

1. 30 minutes
2. 45 minutes
3. 60 minutes
4. 90 minutes

### Q5 - Health - Healthy Living

Which vitamin is produced by the body when exposed to sunlight?

1. Vitamin A
2. Vitamin B
3. Vitamin C

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### 4. Vitamin D

#### **Q6 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

What is the term for moving smoothly from one position to another, maintaining balance and control?

1. Weight transfer
2. Rotation
3. Locomotor movement
4. Balance

#### **Q7 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

Which locomotor movement involves moving from one place to another by alternating feet in a rhythmic pattern?

1. Jumping
2. Skipping
3. Balancing
4. Rotating

#### **Q8 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

When catching a fast-moving ball, which technique helps in absorbing the ball's force effectively?

1. Keeping arms rigid
2. Pulling hands back upon contact
3. Using only one hand
4. Closing eyes during catch

#### **Q9 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

Which phase of movement involves preparing the body before executing the main action?

1. Follow-through
2. Recovery
3. Preparation
4. Execution

#### **Q10 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

Demonstrating physical literacy means:

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1. Being able to read books while exercising
2. Having the skills and confidence to participate in various physical activities
3. Knowing the rules of all sports
4. Being able to run long distances without fatigue

### **Q11 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

Which category of physical activities focuses on enhancing flexibility and balance?

1. Aerobic exercises
2. Strength training
3. Yoga
4. Sprinting

### **Q12 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

Tactical solutions in sports are used to:

1. Increase the chances of success in a game
2. Make the game more challenging
3. Ensure all players get equal playtime
4. Slow down the pace of the game

### **Q13 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

Which skill is crucial for maintaining stability while changing directions quickly?

1. Speed
2. Agility
3. Balance
4. Reaction time

### **Q14 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

How does the center of gravity affect movement stability?

1. Higher center improves stability
2. Lower center improves stability
3. It has no effect
4. Depends on individual strength

### **Q15 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

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What is the benefit of using proper body mechanics in sports?

1. Prevents injuries
2. Improves efficiency
3. Enhances performance
4. Increases strength

### **Q16 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

What movement skill is important for dodging an opponent in sports?

1. Jumping
2. Dodging
3. Coordination
4. Strength

### **Q17 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

Which strategy can improve reaction time in sports?

1. Meditation
2. Quick decision-making
3. Practicing specific drills
4. Analyzing opponent moves

### **Q18 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

What is the main purpose of dynamic stretching?

1. Increases flexibility
2. Reduces injury risk
3. Boosts endurance
4. Enhances stamina

### **Q19 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

Why is coordination important in physical activities?

1. Allows for faster movement
2. Improves coordination
3. Increases accuracy
4. Supports flexibility

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### **Q20 - Health - Health - Movement Competence: Skills, Concepts, and Strategies**

How does practicing a skill repeatedly improve performance?

1. It helps with muscle growth
2. Builds endurance
3. Develops muscle memory
4. Reduces stress

### **Q21 - Health - Healthy Living Understanding Health Concepts**

What is a key strategy to ensure personal safety while using the internet?

1. Sharing passwords with friends
2. Clicking on unknown links
3. Keeping personal information private
4. Posting your location publicly

### **Q22 - Health - Healthy Living Understanding Health Concepts**

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

1. Increased energy levels
2. Improved concentration
3. Neglecting responsibilities
4. Enhanced social interactions

### **Q23 - Health - Healthy Living Understanding Health Concepts**

What is the primary purpose of mindfulness practices?

1. To increase physical strength
2. To improve memory retention
3. To enhance mental focus and reduce stress
4. To boost immune system function

### **Q24 - Health - Healthy Living Understanding Health Concepts**

Which method is effective in preventing sexually transmitted infections (STIs)?

1. Sharing personal items
2. Avoiding vaccinations
3. Using protection during sexual activity

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4. Ignoring symptoms

### **Q25 - Health - Healthy Living Understanding Health Concepts**

What is a benefit of discussing sexual health decisions with a partner?

1. Increases misunderstandings
2. Promotes mutual understanding and respect
3. Reduces trust
4. Encourages secrecy

### **Q26 - Health - Healthy Living Understanding Health Concepts**

Which of the following is a strategy to improve mental health?

1. Isolating oneself from others
2. Engaging in regular physical activity
3. Avoiding new experiences
4. Suppressing emotions

### **Q27 - Health - Healthy Living Understanding Health Concepts**

What is a common symptom of substance use disorders?

1. Consistent healthy eating habits
2. Uncontrollable cravings for the substance
3. Regular sleep patterns
4. Stable mood

### **Q28 - Health - Healthy Living Understanding Health Concepts**

Why is it important to be aware of mental health strategies?

1. To ignore emotional challenges
2. To manage stress and improve well-being
3. To avoid seeking help
4. To suppress feelings

### **Q29 - Health - Healthy Living Understanding Health Concepts**

What is a potential consequence of not practicing personal safety measures online?

1. Enhanced privacy

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2. Increased risk of cyberbullying
3. Improved digital skills
4. Strengthened online relationships

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

Which of the following is a healthy way to manage stress?

1. Ignoring the problem
2. Practicing deep breathing exercises
3. Overeating
4. Procrastination

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

What is the first step in effectively managing your emotions?

1. Suppressing your feelings
2. Identifying and labeling your emotions
3. Reacting immediately
4. Ignoring the emotions

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

Which of the following best describes perseverance?

1. Giving up when faced with challenges
2. Continuing to work towards a goal despite difficulties
3. Avoiding tasks that seem hard
4. Seeking immediate rewards

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

What is a key component of building healthy relationships?

1. Dominance
2. Effective communication
3. Ignoring conflicts
4. Being passive

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

Self-awareness primarily involves:

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1. Understanding others' emotions
2. Being conscious of your own thoughts and feelings
3. Controlling others' behaviors
4. Ignoring personal weaknesses

### **Q35 - Health - Healthy Living Making Healthy Choices**

Which of the following is a benefit of healthy eating?

1. Increased energy levels
2. Higher risk of illness
3. Decreased concentration
4. Weight gain

### **Q36 - Health - Healthy Living Making Healthy Choices**

What is a simple way to make healthier food choices?

1. Eating more processed foods
2. Reducing water intake
3. Increasing fruit and vegetable consumption
4. Skipping meals

### **Q37 - Health - Healthy Living Making Healthy Choices**

Which practice helps in personal safety and injury prevention?

1. Ignoring safety equipment
2. Following safety guidelines
3. Taking unnecessary risks
4. Neglecting hazard signs

### **Q38 - Health - Healthy Living Making Healthy Choices**

What is a common consequence of substance abuse?

1. Improved health
2. Enhanced memory
3. Addiction
4. Increased energy

### **Q39 - Health - Healthy Living Making Healthy Choices**



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Which skill is essential for refusing peer pressure related to unhealthy behaviors?

1. Avoiding communication
2. Refusal skills
3. Agreeing to fit in
4. Ignoring the situation

### **Q40 - Health - Healthy Living Making Healthy Choices**

What is the primary purpose of contraceptives?

1. To increase fertility
2. To prevent pregnancy
3. To enhance physical performance
4. To cure diseases

### **Q41 - Health - Healthy Living Making Healthy Choices**

How can one reduce the risk of injury during physical activities?

1. Ignoring warm-up exercises
2. Wearing appropriate protective gear
3. Overexerting oneself
4. Skipping cool-down sessions

### **Q42 - Health - Healthy Living Making Healthy Choices**

Which nutrient is essential for building and repairing tissues?

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

### **Q43 - Health - Healthy Living Making Healthy Choices**

What is an effective strategy to avoid substance use?

1. Associating with peers who use substances
2. Educating oneself about the risks
3. Ignoring information about substances
4. Experimenting to understand effects

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### **Q44 - Health - Healthy Living Making Healthy Choices**

Which of the following is a benefit of regular physical activity?

1. Increased risk of disease
2. Improved mental health
3. Decreased energy levels
4. Weight gain

### **Q45 - Health - Healthy Living Making Healthy Choices**

What is a key factor in maintaining good mental health?

1. Isolating from others
2. Maintaining supportive relationships
3. Ignoring emotions
4. Suppressing feelings

### **Q46 - Health - Healthy Living Making Healthy Choices**

Why is staying hydrated important for the body?

1. It helps in weight gain
2. It regulates body temperature
3. It has no significant effect
4. It makes digestion harder

### **Q47 - Health - Healthy Living Making Healthy Choices**

What is a safe way to use medications?

1. Taking medication without reading labels
2. Following dosage instructions
3. Sharing medicine with friends
4. Taking more than prescribed

### **Q48 - Health - Healthy Living Making Healthy Choices**

Which habit contributes to better sleep quality?

1. Using electronic devices before bed
2. Keeping a consistent sleep schedule
3. Drinking caffeine before bed

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4. Sleeping at different times each night

### **Q49 - Health - Healthy Living Making Healthy Choices**

How can stress be effectively managed?

1. Ignoring the problem
2. Practicing relaxation techniques
3. Engaging in harmful habits
4. Avoiding any form of activity

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### Answer Key

- Q1: All of the above
- Q2: 8-10 hours
- Q3: Proteins
- Q4: 60 minutes
- Q5: Vitamin D
- Q6: Weight transfer
- Q7: Skipping
- Q8: Pulling hands back upon contact
- Q9: Preparation
- Q10: Having the skills and confidence to participate in various physical activities
- Q11: Yoga
- Q12: Increase the chances of success in a game
- Q13: Agility
- Q14: Depends on individual strength
- Q15: Enhances performance
- Q16: Coordination
- Q17: Quick decision-making
- Q18: Boosts endurance
- Q19: Increases accuracy
- Q20: Develops muscle memory
- Q21: Keeping personal information private
- Q22: Neglecting responsibilities
- Q23: To enhance mental focus and reduce stress
- Q24: Using protection during sexual activity
- Q25: Promotes mutual understanding and respect
- Q26: Engaging in regular physical activity
- Q27: Uncontrollable cravings for the substance
- Q28: To manage stress and improve well-being
- Q29: Increased risk of cyberbullying
- Q30: Practicing deep breathing exercises
- Q31: Identifying and labeling your emotions
- Q32: Continuing to work towards a goal despite difficulties
- Q33: Effective communication

## 2cool4school - Grade 7 Health Worksheet

Q34: Being conscious of your own thoughts and feelings

Q35: Increased energy levels

Q36: Increasing fruit and vegetable consumption

Q37: Following safety guidelines

Q38: Addiction

Q39: Refusal skills

Q40: To prevent pregnancy

Q41: Wearing appropriate protective gear

Q42: Proteins

Q43: Educating oneself about the risks

Q44: Improved mental health

Q45: Maintaining supportive relationships

Q46: It regulates body temperature

Q47: Following dosage instructions

Q48: Keeping a consistent sleep schedule

Q49: Practicing relaxation techniques