

## 2cool4school - Grade 8 Health Worksheet

### **Q1 - Health - Healthy Living Making Connections for Healthy Living**

Which of the following is a key component of promoting healthy living habits?

1. Regular physical activity
2. Consuming excessive junk food
3. Avoiding social interactions
4. Skipping meals regularly

### **Q2 - Health - Healthy Living Making Connections for Healthy Living**

What is a healthy way to maintain friendships?

1. Ignoring problems
2. Always agreeing with everything
3. Communicating openly and honestly
4. Being disrespectful

### **Q3 - Health - Healthy Living Making Connections for Healthy Living**

What is an effective strategy for personal safety to prevent injuries?

1. Wearing appropriate protective gear during activities
2. Ignoring safety guidelines
3. Engaging in risky behaviors
4. Neglecting to use seat belts

### **Q4 - Health - Healthy Living Making Connections for Healthy Living**

How can being in a healthy relationship benefit your overall health?

1. It can reduce stress levels
2. It leads to constant arguments
3. It encourages isolation
4. It promotes unhealthy habits

### **Q5 - Health - Healthy Living Making Connections for Healthy Living**

Why is sleep important for overall health?

1. It has no real effect
2. It causes laziness
3. It helps the body repair and recharge

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4. It makes people less productive

### **Q6 - Health - Healthy Living Making Connections for Healthy Living**

What is mental health literacy?

1. Understanding how to maintain mental health and seek help when needed
2. Ignoring mental health issues
3. Believing mental health is unimportant
4. Avoiding discussions about mental well-being

### **Q7 - Health - Healthy Living Making Connections for Healthy Living**

What is the main benefit of drinking water daily?

1. It keeps the body hydrated and supports body functions
2. It causes dehydration
3. It replaces the need for food
4. It has no health benefits

### **Q8 - Health - Healthy Living Making Connections for Healthy Living**

What is the best way to manage stress?

1. Keeping feelings bottled up
2. Ignoring stress completely
3. Practicing relaxation techniques
4. Avoiding responsibilities

### **Q9 - Health - Healthy Living Making Connections for Healthy Living**

What is an example of promoting healthy living habits in a community?

1. Discouraging public health initiatives
2. Organizing local health fairs
3. Limiting access to recreational facilities
4. Promoting unhealthy food options

### **Q10 - Health - Healthy Living Making Connections for Healthy Living**

How can a balanced diet improve health?

1. It provides essential nutrients

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2. It increases risk of illness
3. It has no impact
4. It causes malnutrition

### **Q11 - Health - Healthy Living Making Connections for Healthy Living**

Why is it important to have positive self-esteem?

1. It helps build confidence and resilience
2. It makes people arrogant
3. It has no effect on mental health
4. It discourages self-improvement

### **Q12 - Health - Healthy Living Making Connections for Healthy Living**

Which habit contributes to a healthy lifestyle?

1. Leading a sedentary lifestyle
2. Smoking regularly
3. Eating a balanced diet
4. Skipping breakfast frequently

### **Q13 - Health - Healthy Living Making Connections for Healthy Living**

What is one way to prevent common illnesses?

1. Washing hands regularly
2. Avoiding all physical activity
3. Eating only junk food
4. Ignoring hygiene

### **Q14 - Health - Healthy Living Making Connections for Healthy Living**

What is a common method to prevent violence in schools?

1. Encouraging aggressive behavior
2. Implementing anti-bullying programs
3. Ignoring conflicts among students
4. Promoting physical confrontations

### **Q15 - Health - Healthy Living Making Connections for Healthy Living**

How does regular exercise benefit mental health?

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1. It increases feelings of anxiety
2. It releases endorphins that improve mood
3. It leads to chronic fatigue
4. It decreases energy levels

### **Q16 - Health - Healthy Living Making Healthy Choices**

Which of the following is a benefit of healthy eating?

1. Improved energy levels
2. Increased risk of chronic diseases
3. Weight gain
4. Decreased immune function

### **Q17 - Health - Healthy Living Making Healthy Choices**

What is a key component of personal safety?

1. Ignoring safety rules
2. Taking unnecessary risks
3. Being aware of your surroundings
4. Neglecting personal protective equipment

### **Q18 - Health - Healthy Living Making Healthy Choices**

Understanding consent is important in human development and sexual health because it ensures that:

1. Boundaries are respected
2. Decisions are made unilaterally
3. Communication is minimized
4. Personal feelings are disregarded

### **Q19 - Health - Healthy Living Making Healthy Choices**

Mental health literacy involves:

1. Ignoring mental health issues
2. Recognizing and understanding mental health challenges
3. Stigmatizing those with mental health conditions
4. Avoiding discussions about mental well-being

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### Q20 - Health - Healthy Living Making Healthy Choices

Which of the following is a sign of dehydration?

1. Clear skin
2. Increased energy levels
3. Dark-colored urine
4. Feeling refreshed

### Q21 - Health - Healthy Living Making Healthy Choices

Which of the following is a healthy eating habit?

1. Skipping meals regularly
2. Consuming a balanced diet with various nutrients
3. Eating only one type of food
4. Relying heavily on processed foods

### Q22 - Health - Healthy Living Making Healthy Choices

Why is regular physical activity important for overall health?

1. It helps improve heart health
2. It weakens the immune system
3. It reduces muscle strength
4. It leads to poor posture

### Q23 - Health - Healthy Living Making Healthy Choices

Which of these is a healthy way to manage stress?

1. Ignoring stress and hoping it goes away
2. Engaging in relaxation techniques like deep breathing
3. Avoiding any physical activity
4. Overworking without taking breaks

### Q24 - Health - Healthy Living Making Healthy Choices

How does sleep impact overall health?

1. It helps with brain function and recovery
2. It has no effect on the body
3. It makes people feel more stressed

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4. It leads to increased illness

### **Q25 - Health - Healthy Living Making Healthy Choices**

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

1. Sharing food and drinks
2. Sneezing without covering the mouth
3. Washing hands frequently
4. Touching the face often

### **Q26 - Health - Healthy Living Making Healthy Choices**

What is one way to build healthy relationships?

1. Ignoring the feelings of others
2. Communicating openly and honestly
3. Always agreeing to avoid arguments
4. Keeping emotions bottled up

### **Q27 - Health - Healthy Living Making Healthy Choices**

Why is it important to drink enough water daily?

1. It helps regulate body temperature
2. It has no impact on health
3. It reduces energy levels
4. It causes dehydration

### **Q28 - Health - Healthy Living Making Healthy Choices**

Which nutrient is most important for muscle growth?

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

### **Q29 - Health - Healthy Living Making Healthy Choices**

What is a long-term effect of smoking?

1. Increased risk of lung disease

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2. Stronger lungs
3. Improved endurance
4. Better circulation

### **Q30 - Health - Healthy Living Making Healthy Choices**

What is an example of good hygiene?

1. Ignoring dental care
2. Sharing personal hygiene items
3. Washing hands regularly
4. Wearing dirty clothes frequently

### **Q31 - Health - Healthy Living Understanding Health Concepts**

Which organization provides information on drug abuse and addiction?

1. National Institute on Drug Abuse (NIDA)
2. Centers for Disease Control and Prevention (CDC)
3. World Health Organization (WHO)
4. Food and Drug Administration (FDA)

### **Q32 - Health - Healthy Living Understanding Health Concepts**

What is one effective way to handle peer pressure?

1. Follow the crowd
2. Give in to avoid conflict
3. Confidently say no
4. Ignore your own values

### **Q33 - Health - Healthy Living Understanding Health Concepts**

Identifying situations that could lead to injury or death is part of which health topic?

1. Personal Safety and Injury Prevention
2. Substance Use and Addictions
3. Human Development and Sexual Health
4. Nutrition and Wellness

### **Q34 - Health - Healthy Living Understanding Health Concepts**

What is the primary function of a balanced diet?

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1. Eliminate the need for exercise
2. Provide essential nutrients
3. Increase cravings for unhealthy foods
4. Reduce hydration levels

### **Q35 - Health - Healthy Living Understanding Health Concepts**

Which behavior can reduce the risk of injury in potentially dangerous situations?

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

### **Q36 - Health - Healthy Living Understanding Health Concepts**

Substance use and addictions primarily affect which system of the body?

1. Nervous system
2. Digestive system
3. Circulatory system
4. Respiratory system

### **Q37 - Health - Healthy Living Understanding Health Concepts**

Which factor plays the biggest role in maintaining emotional well-being?

1. Excessive screen time
2. Avoiding all emotions
3. Healthy relationships and support systems
4. Ignoring personal problems

### **Q38 - Health - Healthy Living Understanding Health Concepts**

Which of the following is a factor that can help develop a positive self-concept?

1. Understanding one's gender identity
2. Ignoring personal feelings
3. Avoiding social interactions
4. Disregarding feedback

### **Q39 - Health - Healthy Living Understanding Health Concepts**



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What is one of the key benefits of regular physical activity?

1. Increased stress levels
2. Improved mental health
3. Weaker immune system
4. Higher risk of chronic disease

### **Q40 - Health - Healthy Living Understanding Health Concepts**

What does the term 'gender expression' refer to?

1. How individuals present their gender to others
2. The biological traits one is born with
3. The internal sense of one's gender
4. The process of changing one's gender

### **Q41 - Health - Healthy Living Understanding Health Concepts**

How does sleep contribute to overall health?

1. It prevents brain development
2. It decreases immune function
3. It allows the body to recover and repair
4. It increases stress levels

### **Q42 - Health - Healthy Living Understanding Health Concepts**

Which of the following is an example of a healthy coping mechanism for stress?

1. Regular physical exercise
2. Substance abuse
3. Social withdrawal
4. Procrastination

### **Q43 - Health - Healthy Living Understanding Health Concepts**

What is the best way to prevent the spread of infectious diseases?

1. Avoiding all human contact
2. Washing hands regularly
3. Taking antibiotics for every illness
4. Ignoring symptoms

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### **Q44 - Health - Healthy Living Understanding Health Concepts**

Why is staying hydrated important for the body?

1. It helps regulate body temperature
2. It slows down digestion
3. It reduces oxygen circulation
4. It prevents muscle growth

### **Q45 - Health - Healthy Living Understanding Health Concepts**

Developing positive motivation and perseverance can help individuals achieve what?

1. Immediate gratification
2. Long-term goals
3. Avoidance of challenges
4. Dependence on others

### **Q46 - Health - Active Living**

What is one benefit of actively participating in physical activities?

1. Improved physical health
2. Decreased energy levels
3. Increased risk of chronic diseases
4. Reduced social interactions

### **Q47 - Health - Active Living**

What should you do if you feel pain while exercising?

1. Keep pushing harder
2. Ignore it
3. Stop and rest
4. Exercise without water

### **Q48 - Health - Active Living**

Which factor can enhance the enjoyment of being active?

1. Setting personal goals
2. Exercising in isolation
3. Ignoring personal interests

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4. Avoiding social interactions

### **Q49 - Health - Active Living**

Why is hydration important during physical activity?

1. Decreases endurance
2. Makes exercise harder
3. Prevents dehydration
4. Reduces sweat

### **Q50 - Health - Active Living**

What is a common motivator for participating in physical activity?

1. Desire to improve health
2. Lack of time
3. Limited access to facilities
4. Fear of injury

### **Q51 - Health - Active Living**

How can fitness levels change over time without regular physical activity?

1. Increase
2. Decrease
3. Remain the same
4. Improve significantly

### **Q52 - Health - Active Living**

How can you encourage others to be physically active?

1. Invite them to join group activities
2. Criticize their inactivity
3. Ignore their progress
4. Discourage their efforts

### **Q53 - Health - Active Living**

Which type of exercise helps improve muscular strength?

1. Weightlifting

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2. Jogging
3. Stretching
4. Meditation

### **Q54 - Health - Active Living**

How does regular exercise benefit mental health?

1. Lowers intelligence
2. Makes you more tired
3. Reduces stress and anxiety
4. Decreases focus

### **Q55 - Health - Active Living**

Which component of fitness is considered skill-related?

1. Muscular strength
2. Agility
3. Flexibility
4. Body composition

### **Q56 - Health - Active Living**

What is a good way to stay active daily?

1. Walking to school
2. Watching TV
3. Sleeping all day
4. Playing video games

### **Q57 - Health - Active Living**

How does teamwork improve physical activity experiences?

1. Encourages motivation
2. Makes it less fun
3. Slows everyone down
4. Increases stress

### **Q58 - Health - Active Living**

What is the recommended amount of daily physical activity for teenagers?

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1. 30 minutes
2. At least 60 minutes
3. 15 minutes
4. 90 minutes

### **Q59 - Health - Active Living**

Which component of fitness is considered health-related?

1. Agility
2. Cardiovascular endurance
3. Balance
4. Coordination

### **Q60 - Health - Active Living**

What is a key benefit of stretching before exercise?

1. Slows down performance
2. Makes you tired
3. Reduces injury risk
4. Causes muscle loss

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

What is self-awareness in social-emotional learning?

1. Blaming others
2. Ignoring emotions
3. Suppressing thoughts
4. Understanding one's emotions

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

Which of the following is an example of self-management?

1. Setting personal goals
2. Ignoring conflicts
3. Avoiding challenges
4. Losing temper easily

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

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How does empathy help in building relationships?

1. It leads to arguments
2. It strengthens connections
3. It is unnecessary
4. It causes conflicts

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

What is the primary benefit of practicing active listening?

1. It discourages meaningful conversations
2. It prevents miscommunication
3. It helps ignore distractions
4. It helps understand different perspectives

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

Which of these is a responsible decision-making skill?

1. Avoiding choices
2. Blaming others for mistakes
3. Acting impulsively
4. Taking responsibility

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

How can students effectively manage their emotions?

1. Ignoring feelings
2. Acting without thinking
3. Suppressing emotions
4. Identifying feelings and coping strategies

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

Why is self-reflection important for personal growth?

1. It has no effect on learning
2. It helps in avoiding self-doubt
3. It makes learning harder
4. It allows personal evaluation

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

Which of the following helps in conflict resolution?

1. Finding common ground
2. Insulting others
3. Avoiding discussions
4. Raising your voice

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

What is a key aspect of social awareness?

1. Rejecting feedback
2. Understanding cultural differences
3. Judging others
4. Ignoring others' needs

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

How does emotional intelligence impact daily life?

1. It improves decision-making
2. It helps in making hasty decisions
3. It decreases focus
4. It has no impact

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

What is a positive way to handle stress?

1. Yelling
2. Bottling up emotions
3. Avoiding all responsibilities
4. Deep breathing

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

Which communication skill improves teamwork?

1. Actively listening
2. Ignoring team efforts
3. Talking over others

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4. Interrupting teammates

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

Why is goal setting an important life skill?

1. It has no real effect
2. It helps in staying focused
3. It is only for school
4. It slows progress

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

How can students develop resilience?

1. Giving up easily
2. Avoiding problem-solving
3. Ignoring challenges
4. Seeking support and learning from failures

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

Which behavior demonstrates respect for others?

1. Listening attentively
2. Making assumptions
3. Mocking someone's opinion
4. Talking over someone

### **Q76 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is the primary benefit of maintaining good balance during physical activities?

1. Reduces the risk of injury
2. Increases muscle mass
3. Enhances cardiovascular endurance
4. Improves flexibility

### **Q77 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of the following is a locomotor movement?

1. Balancing on one foot



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2. Twisting the torso
3. Running
4. Stretching

### **Q78 - Health - Movement Competence: Skills, Concepts, and Strategies**

How does external stimuli influence movement skills?

1. It has no effect on movement
2. It can alter the speed and direction of movement
3. It makes movements more predictable
4. It decreases the need for balance

### **Q79 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is the benefit of understanding the phases of movement?

1. It allows for random movement execution
2. It helps in refining and improving movement efficiency
3. It decreases the need for practice
4. It makes movements more rigid

### **Q80 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which component is essential in a range of physical activities?

1. Understanding movement strategies
2. Ignoring rules of the activity
3. Avoiding practice sessions
4. Focusing solely on strength

### **Q81 - Health - Movement Competence: Skills, Concepts, and Strategies**

How can movement skills be transferred across different physical activities?

1. By applying similar movement concepts and strategies
2. By avoiding similar movements
3. By focusing only on one activity
4. By neglecting movement techniques

### **Q82 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is a tactical solution to increase success in physical activities?

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1. Ignoring opponents' movements
2. Anticipating opponents' actions
3. Avoiding strategic planning
4. Focusing only on defense

### **Q83 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which of the following is a non-locomotor movement?

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

### **Q84 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is an example of a movement strategy in sports?

1. Using space effectively
2. Following opponents' movements
3. Jumping randomly
4. Running without planning

### **Q85 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which skill helps in quickly changing directions while moving?

1. Balance
2. Flexibility
3. Agility
4. Speed

### **Q86 - Health - Movement Competence: Skills, Concepts, and Strategies**

Why is coordination important in physical activities?

1. It ensures smooth coordination
2. It improves reaction time
3. It prevents injuries
4. It makes movements look better

### **Q87 - Health - Movement Competence: Skills, Concepts, and Strategies**

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What is the role of feedback in improving movement skills?

1. It reinforces mistakes
2. It provides constructive advice
3. It has no impact
4. It confuses athletes

### **Q88 - Health - Movement Competence: Skills, Concepts, and Strategies**

Which factor affects movement efficiency?

1. Ignoring proper technique
2. Strength alone
3. Energy expenditure
4. Flexibility

### **Q89 - Health - Movement Competence: Skills, Concepts, and Strategies**

Why is reaction time important in sports?

1. It slows down decision-making
2. It helps in quick responses
3. It has no effect
4. It slows down movements

### **Q90 - Health - Movement Competence: Skills, Concepts, and Strategies**

What is an example of an open skill?

1. Throwing a pass under pressure
2. Running drills in an empty gym
3. Kicking a ball against a wall
4. Dribbling a soccer ball past defenders

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### Answer Key

- Q1: Regular physical activity
- Q2: Communicating openly and honestly
- Q3: Wearing appropriate protective gear during activities
- Q4: It can reduce stress levels
- Q5: It helps the body repair and recharge
- Q6: Understanding how to maintain mental health and seek help when needed
- Q7: It keeps the body hydrated and supports body functions
- Q8: Practicing relaxation techniques
- Q9: Organizing local health fairs
- Q10: It provides essential nutrients
- Q11: It helps build confidence and resilience
- Q12: Eating a balanced diet
- Q13: Washing hands regularly
- Q14: Implementing anti-bullying programs
- Q15: It releases endorphins that improve mood
- Q16: Improved energy levels
- Q17: Being aware of your surroundings
- Q18: Boundaries are respected
- Q19: Recognizing and understanding mental health challenges
- Q20: Dark-colored urine
- Q21: Consuming a balanced diet with various nutrients
- Q22: It helps improve heart health
- Q23: Engaging in relaxation techniques like deep breathing
- Q24: It helps with brain function and recovery
- Q25: Washing hands frequently
- Q26: Communicating openly and honestly
- Q27: It helps regulate body temperature
- Q28: Protein
- Q29: Increased risk of lung disease
- Q30: Washing hands regularly
- Q31: National Institute on Drug Abuse (NIDA)
- Q32: Confidently say no
- Q33: Personal Safety and Injury Prevention

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- Q34: Provide essential nutrients
- Q35: Wearing protective gear
- Q36: Nervous system
- Q37: Healthy relationships and support systems
- Q38: Understanding one's gender identity
- Q39: Improved mental health
- Q40: How individuals present their gender to others
- Q41: It allows the body to recover and repair
- Q42: Regular physical exercise
- Q43: Washing hands regularly
- Q44: It helps regulate body temperature
- Q45: Long-term goals
- Q46: Improved physical health
- Q47: Stop and rest
- Q48: Setting personal goals
- Q49: Prevents dehydration
- Q50: Desire to improve health
- Q51: Decrease
- Q52: Invite them to join group activities
- Q53: Weightlifting
- Q54: Reduces stress and anxiety
- Q55: Agility
- Q56: Walking to school
- Q57: Encourages motivation
- Q58: At least 60 minutes
- Q59: Cardiovascular endurance
- Q60: Reduces injury risk
- Q61: Understanding one's emotions
- Q62: Setting personal goals
- Q63: It strengthens connections
- Q64: It helps understand different perspectives
- Q65: Taking responsibility
- Q66: Identifying feelings and coping strategies
- Q67: It allows personal evaluation
- Q68: Finding common ground

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- Q69: Understanding cultural differences
- Q70: It improves decision-making
- Q71: Deep breathing
- Q72: Actively listening
- Q73: It helps in staying focused
- Q74: Seeking support and learning from failures
- Q75: Listening attentively
- Q76: Reduces the risk of injury
- Q77: Running
- Q78: It can alter the speed and direction of movement
- Q79: It helps in refining and improving movement efficiency
- Q80: Understanding movement strategies
- Q81: By applying similar movement concepts and strategies
- Q82: Anticipating opponents' actions
- Q83: Twisting
- Q84: Using space effectively
- Q85: Agility
- Q86: It ensures smooth coordination
- Q87: It provides constructive advice
- Q88: Energy expenditure
- Q89: It helps in quick responses
- Q90: Dribbling a soccer ball past defenders