

Healthy Habits for Young Learners

Health Education · Answer Key · 10 Questions

1. Which food group is a great source of energy for playing and learning?

- A) Fruits
- B) Vegetables
- C) Grains**
- D) Dairy

2. What is the most important step to remove germs from your hands effectively?

- A) Rinsing with cold water
- B) Drying with a towel
- C) Scrubbing with soap and water**
- D) Wiping on your clothes

3. Approximately how many hours of sleep do elementary school children need each night to stay healthy?

- A) 2-4 hours
- B) 5-7 hours
- C) 9-12 hours**
- D) 13-15 hours

4. What should you wear on your head when playing outside on a sunny day to protect your skin from the sun?

- A) A woolly hat
- B) A beanie
- C) A wide-brimmed hat**
- D) A swim cap

5. How many times a day should you brush your teeth to keep them clean and healthy?

- A) Once
- B) Twice**
- C) Three times
- D) Only when they hurt

6. What tiny living things can make you sick and spread from person to person?

- A) Vitamins
- B) Minerals
- C) Germs**
- D) Proteins

7. Before crossing the street, what is the safest way to check for cars?

- A) Run quickly to the other side
- B) Listen for car sounds
- C) Look left, then right, then left again**
- D) Wave at any nearby cars

8. Which drink is the best choice to keep your body hydrated and healthy throughout the day?

- A) Fizzy drink
- B) Juice box
- C) Water**
- D) Milkshake

9. Why is it important to be physically active every day, like playing sports or running?

- A) To spend more time indoors
- B) To help your body grow strong and healthy**
- C) To avoid doing homework
- D) To watch more television

10. What is a healthy way to deal with feeling sad or frustrated?

- A) Hitting something nearby
- B) Yelling at someone
- C) Talking to a trusted adult**
- D) Keeping all your feelings to yourself