

# Healthy Habits for Young Learners

Health Education · Practice Test · 10 Questions

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**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