

Middle School Health Basics

Health Education · Practice Test · 10 Questions

1. Which food group provides the most energy for your body?

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

2. Regular physical activity helps to strengthen which important organ?

- A) Stomach
- B) Lungs
- C) Heart
- D) Liver

3. Washing your hands with soap and water is an important way to prevent the spread of:

- A) Hunger
- B) Germs
- C) Sunburn
- D) Tiredness

4. Getting enough sleep is crucial for which of the following?

- A) Becoming taller
- B) Concentration and learning
- C) Growing more hair
- D) Developing a louder voice

5. Which of these is an example of a healthy snack?

- A) A chocolate bar
- B) A bag of chips
- C) An apple
- D) A sugary soda

6. Why is it important to drink plenty of water?

- A) It helps your skin look younger
- B) It flushes out toxins and keeps your body functioning
- C) It makes you immune to all diseases
- D) It helps you grow muscles faster

7. What is the primary purpose of vaccinations?

- A) To make you stronger
- B) To boost your energy levels
- C) To protect you from serious diseases
- D) To improve your eyesight

8. When you feel stressed, what is a healthy way to cope?

- A) Ignoring the feeling
- B) Eating junk food
- C) Talking to a trusted adult
- D) Staying up late

9. Which part of your diet provides vitamins and minerals essential for growth and repair?

- A) Sweets
- B) Processed foods
- C) Fruits and vegetables
- D) Fried snacks

10. What does 'balanced diet' mean?

- A) Eating only one type of food
- B) Eating a variety of foods from different food groups
- C) Eating large portions of unhealthy food
- D) Skipping meals regularly