

Health Education Fundamentals

Health Education · Practice Test · 24 Questions

1. What is the primary function of carbohydrates in the body?

- A) Building muscles
- B) Providing energy
- C) Repairing tissues
- D) Storing vitamins

2. Which nutrient is essential for building and repairing body tissues?

- A) Fats
- B) Carbohydrates
- C) Proteins
- D) Vitamins

3. What is the recommended amount of sleep for most school-aged children per night?

- A) 5-6 hours
- B) 7-8 hours
- C) 9-11 hours
- D) 12-14 hours

4. Which of the following is a common source of vitamin C?

- A) Milk
- B) Bread
- C) Oranges
- D) Rice

5. Washing hands with soap and water is a key practice for preventing the spread of which of the following?

- A) Sunburn
- B) Germs
- C) Tooth decay
- D) Muscle cramps

6. What is the primary benefit of regular physical activity?

- A) Increased risk of injury
- B) Improved heart health
- C) Weight gain
- D) Reduced mood

7. Which of these is considered a healthy fat?

- A) Butter
- B) Lard
- C) Olive oil
- D) Margarine

8. What is the main role of fibre in the diet?

- A) Provides quick energy
- B) Helps with digestion
- C) Builds strong bones
- D) Boosts immunity

9. Why is it important to drink enough water throughout the day?

- A) It causes weight loss
- B) It helps regulate body temperature
- C) It makes you tired
- D) It weakens your bones

10. Which part of the body is most directly protected by wearing a helmet when cycling?

- A) Hands
- B) Knees
- C) Head
- D) Feet

11. What is the primary function of vitamins in the body?

- A) Provide structural support
- B) Act as a source of energy
- C) Aid in metabolic processes
- D) Build new cells

12. Which of the following is a mineral that is important for strong bones and teeth?

- A) Iron
- B) Calcium
- C) Vitamin D
- D) Protein

13. What does 'balanced diet' refer to?

- A) Eating only fruits
- B) Eating a variety of foods from all food groups
- C) Eating large portions of food
- D) Eating processed foods regularly

14. What is the main purpose of vaccinations?

- A) To cause illness
- B) To prevent specific diseases
- C) To improve digestion
- D) To increase appetite

15. Which of these is a way to practice good oral hygiene?

- A) Eating sweets before bed
- B) Brushing teeth regularly
- C) Skipping dental check-ups
- D) Drinking sugary drinks

16. What is the term for the ability of the body to fight off infections and diseases?

- A) Allergy
- B) Immunity
- C) Inflammation
- D) Dehydration

17. Which of the following is a healthy snack option?

- A) Chocolate bar
- B) Potato chips
- C) Apple slices
- D) Sugary cereal

18. What is a good source of iron?

- A) Sugar
- B) Spinach
- C) Water
- D) Ice cream

19. What does 'stress management' involve?

- A) Ignoring problems
- B) Developing coping strategies for stress
- C) Causing more stress
- D) Avoiding all responsibilities

20. Why is it important to limit the intake of processed foods and sugary drinks?

- A) They are good for muscle growth
- B) They can contribute to health problems like obesity
- C) They provide essential nutrients
- D) They are a source of natural energy

21. What is the main function of fats in the diet?

- A) Provide immediate energy
- B) Aid in vitamin absorption and energy storage
- C) Build muscle mass
- D) Regulate blood sugar

22. Which of these is a safe way to handle a minor cut or scrape?

- A) Cover it with dirt
- B) Clean it with soap and water and apply a bandage
- C) Leave it open to the air
- D) Apply a hot compress

23. What is a common symptom of dehydration?

- A) Feeling thirsty
- B) Excessive energy
- C) Clear urine
- D) High blood pressure

24. What is the most effective way to protect yourself from the sun's harmful rays?

- A) Stay indoors all day
- B) Wear sunscreen and protective clothing
- C) Only go out at night
- D) Tan often