

Elementary Health Basics

Health Education · Practice Test · 12 Questions

1. Which of these is a good source of energy for your body?

- A) Candy
- B) Fruits
- C) Chips
- D) Soda

2. Washing your hands with soap and water helps to get rid of:

- A) Shiny hair
- B) Germs
- C) Nice smells
- D) Strong nails

3. How many hours of sleep do children typically need each night?

- A) 2-4 hours
- B) 6-8 hours
- C) 9-11 hours
- D) 12-14 hours

4. Which of the following foods is a vegetable?

- A) Apple
- B) Bread
- C) Carrot
- D) Milk

5. What is important to do before you eat food?

- A) Watch TV
- B) Play a game
- C) Wash your hands
- D) Read a book

6. Why is drinking water important for your body?

- A) It makes you tired
- B) It helps you grow and stay healthy
- C) It makes your teeth fall out
- D) It tastes like juice

7. What should you wear to protect yourself when riding a bicycle?

- A) A hat
- B) Gloves
- C) A helmet
- D) Sandals

8. Which of these is an important part of keeping your body clean?

- A) Eating sweets
- B) Brushing your teeth
- C) Watching cartoons
- D) Jumping on the bed

9. Regular physical activity, like playing outside, helps to make your body:

- A) Weak
- B) Sleepy
- C) Strong and healthy
- D) Tired

10. Which of these is a dairy product?

- A) Rice
- B) Cheese
- C) Chicken
- D) Banana

11. What should you do if you feel sick?

- A) Go to school anyway
- B) Play with friends
- C) Tell a trusted adult
- D) Eat lots of sugary snacks

12. Good foods that help your body grow strong are often called:

- A) Junk food
- B) Treats
- C) Healthy foods
- D) Empty calories