

HEALTH EDUCATION

2ND GRADE

Answer all questions.

1. What is Good Posture?

- a) Sitting and standing with a straight back
- b) Sitting and standing with a bent back
- c) Running and jumping all the time

2. Why is good posture important?

- a) So we can run faster.
- b) So we can eat more food
- c) So our bones and muscles stay healthy.

3. What should we eat to stay healthy?

- a) Only sweets and chocolates
- b) A variety of foods like fruits, vegetables, and whole grains
- c) Only junk food

4. Click on the picture that shows the correct standing posture.



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5. To stay healthy, we should eat _____ of foods.

a) Only one type of food. b) Variety of foods c) select our kind of food

6. Click on the picture that shows the correct sitting posture



7. I need to drink _____ cups of milk every day. a. one b. two c. three

8. My body works better when I eat meals _____

a. quickly b. at regular times c. Late

9. Breakfast is the most important meal of the _____. a. year b. day c. month

10. I should take _____ bites so that I can chew my food well.

a. big b. small c. A lot

11. Vegetables have vitamins and _____. a. minerals b. fat c. oil

12. Meat and dried beans give you _____.

a. protein b. vitamin c. fat

13. Poor posture makes my body work _____.

a. less b. slower c. harder

14. Protein foods build muscles. They help _____

a. Your body falls sick b. Your body get well when you get hurt c. Gets irritation

Click either the answer is True or False

1. We should eat only one type of food every day. True or False
2. Good posture helps us feel more confident. True or false
3. We don't need to eat fruits and vegetables to stay healthy. True or False

Answer the following questions.

1. Why is it important to sit and stand up straight?

2. Name three healthy foods that are good for our bodies?

3. What is posture? _____
