

Grade 10 PE Quizz

Topic: Lifestyle, Obesity, and Wellbeing

Student Name: _____

Date: _____

Part 1: Understanding Lifestyle

1. What is a healthy lifestyle?

2. Tick (✓) the healthy habits:

- Sleeping late every night
- Drinking enough water
- Eating junk food daily
- Exercising regularly
- Spending too much time on screens

Part 2: Obesity Knowledge

3. What is obesity? (Write a simple definition)

4. Write TWO causes of obesity:

- _____

- _____

5. Write TWO effects of obesity:

Physical effect: _____

Mental effect: _____

Part 3: Wellbeing & Real Life

6. How does physical activity improve mental health?

7. Give ONE real-life example of how exercise helps students in school:

Part 4: Application

Ali spends most of his time playing video games, eats fast food, and does not exercise.

a. Identify TWO unhealthy habits:

- _____
- _____

b. Suggest TWO improvements:

- _____
- _____

Part 5:

Level 1: Mention ONE habit that can improve your physical health:

Level 2: Explain how ONE healthy habit improves your life:

Level 3: Create a short plan (3 steps) to improve lifestyle and wellbeing:

1. _____
2. _____
3. _____

Bonus Challenge (Optional): Design your Healthy Day Plan

Morning	- -
Afternoon	- -
Night	- -