

Check what you know

This is a short quiz to check what you know about taking care of the body and mind. Your teacher will read out the questions and the three possible answers. You have to tick the **two answers** that you think are correct.



1) What does a balanced diet include?

- a. Salt and sugar ☐
- b. Protein and fats ☐
- c. Carbohydrates and fibre ☐

2) How does stretching our bodies help us?

- a. Our muscles get stronger. ☐
- b. We become more flexible. ☐
- c. It does not help us learn better. ☐

3) How does exercise help our brains?

- a. It makes them more tired. ☐
- b. It wakes our brains up. ☐
- c. Our brains get more blood and oxygen. ☐

4) Which of these are positive emotions?

- a. Calm ☐
- b. Sad ☐
- c. Joy ☐

5) What can we do if we feel really upset?

- a. Take deep breaths ☐
- b. Don't tell anyone about it ☐
- c. Talk to someone we trust about our feelings ☐



6) How can you be a good listener?

- a. Stop what you're doing and pay attention ☐
- b. Let the other person speak and then ask questions ☐
- c. Interrupt the other person and ignore them ☐