

Interactive Assessment - Importance of Physical and Health Science

1. What is one benefit of daily exercise?

- A. Better eyesight
- B. Improved strength
- C. Toothache
- D. Laziness

2. Good hygiene prevents illness.

- True
- False

3. Match the following activities with their benefits:

Washing hands -> Prevents infections

Eating fruits -> Gives vitamins

Sleeping well -> Restores energy

4. Fill in the blank: Physical activity improves _____ health.

Answer: _____

5. Which vitamin do we get from sunlight?

- A. Vitamin A
- B. Vitamin D
- C. Vitamin C
- D. Vitamin B12

6. Watching TV all day is part of a healthy lifestyle.

- True
- False