



Year 4 Term 4 Quiz

Name



OPENING
Young Minds

1. Tick the correct definition for the Being Human word anxious

- A. Anxious is when we have worried thoughts ☐
- B. Anxious is when we are relaxed ☐
- C. Anxious is when we are feeling confident ☐

2. What happens if you do not get enough sleep? Tick three.

- A. We will find it difficult to focus. ☐
- B. We will have a greater chance of being ill ☐
- C. It is harder to press pause ☐
- D. We will act in an angry way ☐
- E. We will steal things ☐



3. List three different food groups:

- A. _____
- B. _____
- C. _____

4. Why is stretching important? Tick two.

- A. Helps you to become more flexible ☐
- B. Makes you score goals ☐
- C. Relaxes your body ☐
- D. Gives you injuries ☐





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5. Why do people smoke? Tick two

- A. It is good for you
- B. The nicotine in cigarettes is addictive
- C. It is cheap
- D. Peer pressure

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6. Why is it harmful to watch inappropriate videos online? Tick two

- A. You can be influenced and copy poor behaviour
- B. People think it is cool
- C. It can make you feel anxious
- D. They are not harmful

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7. What are the steps to deal with an emergency? Tick two

- A. Help the victim straight away
- B. Run away from the danger
- C. Press pause and take two deep breaths
- D. Look around to see whether a trusted adult can help

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8. What telephone number do you call if there is an emergency?

- A. 123
- B. 999
- C. 911

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