



Year 5 Term 4 Quiz

Name



OPENING
Young Minds

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

- A. When you are not sure of something ☐
- B. When you feel disconnected from family and friends ☐
- C. When you feel a mixture of happiness and sadness ☐

2. What are the sleep stoppers? Tick three.

- A. Screens ☐
- B. Exercise ☐
- C. Worry ☐
- D. Eating vegetables ☐
- E. Food and drink just before bed ☐



3. List three eating habits that support our wellbeing

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



4. How does exercise help us to live a healthy life? Tick two.

- A. Improves your sleep ☐
- B. Makes you a better friend ☐
- C. Helps you to avoid all injuries ☐
- D. Builds strong bones and muscles ☐





Year 5 Term 4 Quiz

5. Why can the misuse of alcohol be harmful? Tick three.

- A. Peer pressure ☐
- B. It can lead to poor decisions ☐
- C. Accidents can happen ☐
- D. It can affect the brain, heart and liver ☐

6. Why is the internet a positive thing? Tick two.

- A. You can communicate with new people and strangers ☐
- B. It gives you information ☐
- C. You can play games on it ☐
- D. Cyberbullying ☐



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 ☐

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

- A. 123 ☐
- B. 999 ☐
- C. 911 ☐

