



# Year 5 Term 4 Quiz

Name .....



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

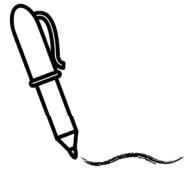
- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_



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





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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