

Max's Health and Fitness Quiz

Learning objective: To identify the importance of exercise, healthy food, and keeping our bodies fit.

Hello! I am Max the monkey. I love puzzles! Read the questions carefully. Choose the best answer. Use the word bank if you need help.

Answer Key: 1. A, 2. True, 3. False, 4. Fruit, 5. Heart, 6. True, 7. Muscles, 8. Water, 9. True, 10. Rest.

Word bank: Heart · Muscles · Fruit · Exercise · Water · Energy · Rest

1. 1. What gives our bodies the power to run and play? A) Sweets B) Energy* C) Paper D) Rocks (1 mark)

2. 2. True or False: Eating vegetables helps our bodies stay healthy. (1 mark)

3. 3. True or False: We should sit still for 24 hours a day to be fit. (1 mark)

4. 4. Which of these is a healthy snack? A) Crisps B) Fizzy pop C) Fruit* D) Chocolate (1 mark)

5. 5. When we run, which organ beats faster? (Hint: It is a muscle in your chest!) (1 mark)

6. 6. True or False: Exercise makes our body feel strong. (1 mark)

7. 7. What grows stronger when we lift things or play sports? (Hint: Starts with M) (1 mark)

8. 8. What is the best drink for your body when you are thirsty? (1 mark)

9. 9. True or False: Being healthy means eating a balanced diet. (1 mark)

10. 10. What do we need to do at night to help our bodies recover? (Hint: Starts with R) (1 mark)

Draw: Draw a picture of yourself doing your favourite healthy activity, like running, swimming, or playing in the park.

A large, empty rectangular box with a thin black border, intended for a drawing of a person engaged in a healthy activity.

Extension challenge: Max wants to buy a healthy snack. If an apple costs 30p and a banana costs 20p, how much do they cost altogether? Write your answer in pounds and pence.