

# For Teachers

**AGE GROUP:** Year 1 & 2

**FOCUS AREAS:** Nutrition, Physical Activity & Relationships

## BACKGROUND

All children deserve to lead safe and healthy lives and preventive education is vital in achieving this goal. Life Education works in schools everyday to support teachers in helping children make safer and healthier choices now and in the future. We trust this student activity will prompt you to explore and identify how the Life Education program can support your health and drug education.

## AIMS

This short quiz for year 1 & 2 students uses a variety of questions (e.g. multiple choice, true/false, short answer, gap-fill, complete the sentence, choose the correct/incorrect items).

It aims to:

- encourage children to learn more and increase their knowledge and skills to make safer and healthier choices.
- assist in developing language and literacy skills, logical reasoning, and analytical and critical thinking skills in the context of health and drugs

## SUGGESTIONS FOR USE IN THE CLASSROOM

**Introduce** the quiz by asking the class: What do we need to keep our bodies healthy? Allow students to share their ideas.

**Print** and copy the quiz for each student.

- Students work alone to complete the quiz and/or
- Students work in pairs to discuss and compare answers.

**Feedback** Work through the answers together

Answers: 1. a. true b. false c. true 2. chips, lollies, ice cream, soft drink, pizza, hamburgers etc. 3. c. everyday 4. a. sleep b. fresh air c. playing outdoor games d. vegetables f. walking 5. self assessed answer 6. pharmacist, policewoman, doctor, parent, teacher 7. open answer

**Ask** How and why questions in relation to the physical activity, relationships and nutrition answers the children gave in the quiz. e.g. Why didn't you circle energy drinks?

**Extension:** Invite Life Education to visit your class. To find out more, visit:

[www.lifeeducation.org.au/teachers](http://www.lifeeducation.org.au/teachers)



Name: \_\_\_\_\_

1. Answer **True**, **False** or **Don't Know**

a. It is important to eat a healthy breakfast every day.  
\_\_\_\_\_

b. Drinking fruit juice is healthier than drinking water.  
\_\_\_\_\_



c. Dairy products like yoghurt help to make your bones and teeth healthy and strong. \_\_\_\_\_

2. Name foods that we can eat sometimes but not all the time.



1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_

3. How often should a person your age do some physical activity to stay healthy (things like running, walking the dog, bike riding, playing outdoor games or sport)

a. 3 or 4 days a week

b. 1 or 2 days a week

c. Everyday

d. Don't know



4. **Tick** which of these things keep the body healthy?

a. Sleep

b. Fresh Air

c. Playing Outdoor games

d. Vegetables

e. Cordial

f. Walking

g. Energy Drinks

h. Lollies



Name: \_\_\_\_\_

5. How often do you choose to eat healthy food?

- a. All the time
- b. Most of the time
- c. Some of the time
- d. Hardly ever
- e. Don't know



6. Put the correct words in the sentences

Doctor	Pharmacist	Parent	Teacher	Policewoman
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A \_\_\_\_\_ can help me when I need medicine

A \_\_\_\_\_ can help me in an emergency

A \_\_\_\_\_ can help when I feel sick

A \_\_\_\_\_ is someone I can talk to when I'm feeling sick or scared

A \_\_\_\_\_ can help when I feel unhappy at school

7. Write your answer in the space below

If you saw someone who looked lonely or sad in the playground.



What could you say?

\_\_\_\_\_

What could you do?

\_\_\_\_\_

Who could you talk to?

\_\_\_\_\_

