

Healthy Choices Quiz - Ages 7-11

Here's a few starter questions to get your pupils thinking about the different topics explored in the resources.

You could run this quiz to kickstart the Challenge, maybe in an assembly or as an engagement activity on social media or you could choose one or more of the questions to introduce the accompanying activities.

The questions and answers are included in the *Healthy Choices Quiz PowerPoint* included in your pack.

Start the quiz with the following question:



Did you know that it's important to make healthy choices for our money, our bodies and our minds too?

MONEY AND HEALTH: INTRODUCTION

The following questions will help you introduce the topic of money and health and wellbeing.

1. Do you think if we look after our money it can help us prepare for the future?

- a. Yes b. No

Yes, it's important to look after our money now so that we have the money we need in the future. Can you think of any examples of things we might need to save money for in the future?

2. Do you think if we look after our money it can help us, if something unexpected happens?

- a. Yes b. No

Yes, if something unexpected happens for example your bike breaks or you need to buy a present for a

party, then you will have an emergency fund to help you. Can you think of any unexpected things that might happen and how an emergency fund might help?

3. Do you think if we look after our money it will help keep our bodies and minds healthy too?

- a. Yes b. No

Yes, if we choose to look after our money, then we will have the money we need to buy the things our bodies and minds need.



What things do you think our bodies and minds need to be healthy?

HEALTHY FOODS

4. Which of these do you think is TRUE and which of these do you think is FALSE? Eating healthy foods can help:

- a. Give us strong bones and teeth
- b. Protect our heart
- c. Put us in a better mood
- d. Give us energy
- e. Improve our memory and our brain power
- f. Protect us from future illnesses
- g. Give us a good night's sleep

All of these are TRUE!

Eating healthy foods help us take care of our bodies and our minds! Why not do some research and find out how different foods can help different areas of your health?

Here's a few questions to get you started...

5. Which of these foods do you think boost your brain and your memory?

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- a. **Fatty fish** b. Bananas c. Bread

What if you can't eat fish? Well, there's plenty of other foods that also help boost your brain! Blueberries, broccoli and oranges are just a few! Try eating some of these foods and see if it helps you concentrate more in class! Why not use some of your left over fruit to make a smoothie, you'll be looking after your body and your money too!

<https://www.healthline.com/nutrition/11-brain-foods>

6. What food do you think can help you feel happier?

- a. Carrots b. Sweets c. **Mushrooms**

Mushrooms contain lots of Vitamin D, this is the vitamin we can get from being in the sun. Vitamin D boosts our mood and makes us feel happy and calm. What other foods do you think contain Vitamin D? You're likely to already have a few in your home!

<https://eu.usatoday.com/story/news/nation-now/2017/05/09/foods-make-you-happy/307583001/>

EXERCISE

7. Do you think that exercising for just 30 minutes a day can make you feel happier?

- a. **Yes** b. No

Just exercising for 30 minutes a day can boost your happiness, even long after the workout is over, as we produce happy hormones. Can you think of any exercises you could do for 30 minutes? Are there exercises you could do in your home? Maybe with your family? Even doing household chores like sweeping or vacuuming can count as exercise! Can you think of any exercises that don't cost too much money?

8. In a survey, how do you think people in Britain said that they feel when they talk about money?

- a. **Better** b. More worried c. Hungry

They said they feel better. Why do you think it helps to talk to others about our money choices? Do you think talking about money helps you look after your money and your bodies and minds?

<https://www.goodhousekeeping.com/uk/consumer-advice/money/a26701602/how-to-talk-about-your-finances/>

QUESTIONS FOR AGES 9-11

9. When you start secondary school, you will have a new routine. What daily activity do you think you could do to help you stay happy and healthy?

- a. Finish all your homework
b. Play with a pet
c. **Sleep well**

The amount of sleep a person gets can affect their happiness levels. Sleep deprivation (not sleeping) can increase a person's depression and stress levels.

10. What do you think is the most common way to travel to secondary school in the UK?

- a. By car b. By bus c. **On foot**

Why do you think lots of people choose to walk to school? Do you think this might be to save money, protect the environment or may be to get some exercise?

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/476635/travel-to-school.pdf

11. What do you think the average cost of a school meal in a secondary school canteen is in the UK?

- a. £4.00 b. £1.50 c. **£2.20**

Does this surprise you? How much do you think you might need to spend a week on lunches? Do you think you could save money by making a packed lunch? Do you think this might be a healthier option?

<https://schoolhealthuk.co.uk/whats-cheaper-school-meals-or-packed-lunches-2020-edition/>