

Name:

Quiz - KS2

Unit title: Movement and Nutrition

Q1 Which of these is not a joint?

A Elbow.

B Knee.

C Skull.

D Wrist.

Q2 What are the three key functions (jobs) of the skeleton?

A Protection, support and movement.

B Movement, protection and digestion.

C Support, digestion and removing waste.

D Removing waste, breathing and movement.

Q3 Which of these statements is false?

A Muscles are attached to our bones.

B Muscles pull our bones.

C Muscles make the bones move.

D Muscles push on our bones.

Q4 Which of these bones protects the heart?

A Skull.

B Ribs.

C Pelvis.

D Spine.

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Q5 Which of the following shows the correct order of bones from head to toe?

A Skull → femur → pelvis → ribs.

B Skull → spine → pelvis → femur.

C Pelvis → spine → humerus → skull.

D Pelvis → skull → spine → ribs.

Q6 Which nutrient group is used as an energy store and helps us to keep warm?

A Water.

B Vitamins.

C Protein.

D Fats and oils.

Q7 A balanced diet is...

A Eating all seven nutrients in the right amounts.

B Always eating good foods.

C Eating all five nutrients in the right amounts.

D Never eating bad foods.

Q8 Which of the following do we need energy for?

A Breathing.

B Sleeping.

C Running.

D All of the above.

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Q9 Which group of foods contains the most fibre?

A Bread, butter, cheese and sausage.

B Yoghurt, milk, cream and cheese.

C Beans, carrots, almonds and oats.

D Sausage, ham, chicken and fish.

Q10 Which meal do you think is the healthiest and which is the worst? Explain your ideas.

Score: / 10