

Name:

Date:

KS2 Quiz

Unit title: Movement and nutrition

**1 Which of these is not a joint?**

- A Elbow.
- B Knee.
- C Skull.
- D Wrist.

**2 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.

**3 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.

**4 Which of these bones protects the heart?**

- A Skulls.
- B Ribs.
- C Pelvis.
- D Spine.

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

- A Skull → spine → pelvis → ribs.
- B Skull → spine → ribs → pelvis.
- C Pelvis → spine → ribs → skull.
- D Pelvis → skull → spine → ribs.

**6 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.

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**7 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.

**8 Which of the following do we need energy for?**

- A** Breathing.
- B** Sleeping.
- C** Running.
- D** All of the above.

**9 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.

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

Blank area for writing answers to question 10.