

## Health Science Pre-assessment 6-9

1. What happens to your body if you don't drink enough water?

- A. You feel happy and full of energy
- B. You might feel thirsty, tired, or have a headache**
- C. You can run faster
- D. You feel stronger

2. Which of the following foods is best for helping your body grow strong?

- A. A bowl of salad with vegetables**
- B. Potato chips
- C. Candy and chocolate
- D. Soda

3. Why is sleep important for your body?

- A. It helps you stay awake longer
- B. It makes you feel tired all the time
- C. It helps your muscles grow and your brain stay sharp**
- D. It makes you want to play video games all day

4. Which of these can make your bones stronger?

- A. Drinking soda
- B. Playing outside and running around**
- C. Sleeping all day
- D. Watching TV

5. How can you tell if your body is healthy?

- A. You are always tired
- B. You can play with friends without getting tired**
- C. You don't like eating healthy foods
- D. You don't have to sleep

## Health Science Pre-assessment 6-9

6. Which of the following is an example of a healthy food choice?

- A. Eating candy for lunch every day
- B. Eating chips and cookies
- C. Drinking soda all day
- D. Eating a banana and drinking water**

7. What happens if you are too stressed or worried all the time?

- A. You feel happy and ready to play
- B. Your body gets weaker and might get sick**
- C. You get super strong
- D. You can focus better at school

8. Which part of your body helps protect you from getting sick?

- A. Your brain
- B. Your muscles
- C. Your skin**
- D. Your stomach

9. Which of these helps you focus better when learning?

- A. Drinking water and eating healthy snacks**
- B. Eating a big bag of chips during class
- C. Watching TV all night
- D. Not getting enough sleep

10. Which of these foods helps you grow big and strong?

- A. Ice cream
- B. A bowl of vegetables and chicken**
- C. Candy
- D. Cake