

KS1 Science Quiz - Staying Healthy - Colds and Flu (Questions)

This quiz addresses the requirements of the National Curriculum KS1 Science for children aged 5 and 6 in years 1 and 2. Specifically this quiz is aimed at the section dealing with staying healthy and using tissues to guard against colds and flu.

Everyone gets a cold or the flu now and again. How can we guard ourselves against them and stay healthy? Coughs and colds spread easily. Often they spread quickly through the children in a school. It is very easy to catch a cold. Colds and flu are spread by bugs. So it is a good idea to try to stop the bugs from spreading. This quiz is about how we can guard ourselves against the bugs and stay healthy.

1. What do you have when you have a cold?



- Toothache
- Ear-ache
- Runny nose
- Poorly tummy

2. Carla has a bad cold. She blows her nose into a tissue. She puts the tissue in the bin. What else should she do to stop the nasty bugs spreading?



- Never blow her nose
- Not use a tissue next time
- Wash her hands as soon as possible
- Give the tissue to her friend next time

3. What is the word 'flu' short for?



- Influence
- Influential
- Influenza
- Fluid

4. Colds and flu are not the only illnesses. What has this boy caught?



- Poorly tummy
- Chickenpox
- Asthma
- Eczema

5. Tom's Grandma has a saying: 'Coughs and sneezes spread _____.'



- Tissues
- Diseases
- Cold weather
- Cold water

6. Colds are not nice. The flu is worse. This boy has the flu. What is his mother doing?



- Taking his pulse
- Feeding him
- Taking his temperature
- Measuring his breathing

7. Instead of tissues, some older people use a _____.



- Towel
- Flannel
- Jumper
- Handkerchief

8. We should blow our nose into a _____.



- Jumper
- Tissue
- Towel
- Tea towel

9. Sometimes you just can't stop a cough or a sneeze. But you should always:



- Cover your mouth and nose with your hands
- Cough and sneeze towards people
- Laugh about it
- Cough and sneeze as hard as you can

10. If you are very poorly, you might have to go and see a _____.



- Teacher
- Dentist
- Doctor
- Vet

KS1 Science Quiz - Staying Healthy - Colds and Flu (Answers)

1. What do you have when you have a cold?



- Toothache
- Ear-ache
- Runny nose
- Poorly tummy

When was the last time you had a cold?

2. Carla has a bad cold. She blows her nose into a tissue. She puts the tissue in the bin. What else should she do to stop the nasty bugs spreading?



- Never blow her nose
- Not use a tissue next time
- Wash her hands as soon as possible
- Give the tissue to her friend next time

Washing your hands is a good way to stop nasty bugs spreading

3. What is the word 'flu' short for?



- Influence
- Influential
- Influenza
- Fluid

Have you ever had the flu?

4. Colds and flu are not the only illnesses. What has this boy caught?



- Poorly tummy
- Chickenpox
- Asthma
- Eczema

Lots of children get chickenpox. Have you had chickenpox?

Education Quizzes

5. Tom's Grandma has a saying: 'Coughs and sneezes spread _____.'



- Tissues
- Diseases
- Cold weather
- Cold water

What word rhymes with sneezes?

6. Colds are not nice. The flu is worse. This boy has the flu. What is his mother doing?



- Taking his pulse
- Feeding him
- Taking his temperature
- Measuring his breathing

When you are poorly you can have a high temperature. If you have the flu you have a high temperature

7. Instead of tissues, some older people use a _____.



- Towel
- Flannel
- Jumper
- Handkerchief

Handkerchiefs are made of cotton. They can be washed

8. We should blow our nose into a _____.



- Jumper
- Tissue
- Towel
- Tea towel

Then put the tissue in the bin

9. Sometimes you just can't stop a cough or a sneeze. But you should always:



- Cover your mouth and nose with your hands
- Cough and sneeze towards people
- Laugh about it
- Cough and sneeze as hard as you can

A tissue is best, but covering your mouth and nose stops some of the nasty bugs going into the air

10. If you are very poorly, you might have to go and see a _____.



- Teacher
- Dentist
- Doctor
- Vet

Some children have to go to hospital. There are lots of doctors and nurses in a hospital