

KS1 Science Quiz - Staying Healthy - Food (Balanced Diet) (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 by eating a balanced diet and different types of food.

Do you eat just one type of food? No - even if you have a favourite food, you will need to eat other things as well if you want to stay healthy. When looking at staying healthy in school you have probably learned that people need a balanced diet - they need to eat a variety of different foods. What have you found out about a balanced diet?

1. Which of these is the best healthy option?



- Cakes and biscuits
- Chips and crisps
- Fruit and vegetables
- Ice cream and sweets

2. Some children have allergies. They must be careful not to eat certain foods. What might happen if they eat those foods?



- They will become ill
- They will eat more of them
- They will laugh and play
- They will ask for more

3. Sam likes doughnuts. But what will happen if Sam only eats doughnuts?



- He will be very happy
- He will become ill
- He will turn into a doughnut
- He will dream about doughnuts

4. Alex has just woken up. She gets up, washes and cleans her teeth. Then she gets dressed. Before she sets off for school, she has something to eat. Alex has her _____.



- Breakfast
- Lunch
- Tea
- Supper

5. What is toast made from?



- Potatoes
- Pizza
- Bread
- Biscuits

6. Which one of these is best in a healthy diet?



- Doughnuts
- Vegetables
- Sweets
- Crisps

7. What should you do to have a healthy diet?



- Eat the same thing every day
- Eat lots of the same thing
- Eat different types of food
- Eat lots of food

8. Eating fruit is good for us. Many fruits have an important chemical in them. It helps keep us healthy. What is it called?



- Hydrogen
- Carbon dioxide
- Oxygen
- Vitamin C

9. Here is a list of foods: cabbage, Brussels sprouts, lettuce, broccoli, spinach. What do we call these vegetables?



- Beans
- Greens
- Reds
- Roots

10. We need a variety of foods to grow and stay healthy. What else do we need to stay healthy?



- Ice Cream
- Sweets
- Chocolate
- Water

KS1 Science Quiz - Staying Healthy - Food (Balanced Diet) (Answers)

1. Which of these is the best healthy option?



- Cakes and biscuits
- Chips and crisps
- Fruit and vegetables
- Ice cream and sweets

Do you eat plenty of fruit and veg?

2. Some children have allergies. They must be careful not to eat certain foods. What might happen if they eat those foods?



- They will become ill
- They will eat more of them
- They will laugh and play
- They will ask for more

Some children are allergic to nuts. Nuts can make them very ill

3. Sam likes doughnuts. But what will happen if Sam only eats doughnuts?



- He will be very happy
- He will become ill
- He will turn into a doughnut
- He will dream about doughnuts

Sam might dream about doughnuts, and he might be happy. But if you only eat one food, it will make you ill. Sam needs a varied diet

4. Alex has just woken up. She gets up, washes and cleans her teeth. Then she gets dressed. Before she sets off for school, she has something to eat. Alex has her _____.



- Breakfast
- Lunch
- Tea
- Supper

It is good to have something to eat before you start your lessons

5. What is toast made from?



- Potatoes
- Pizza
- Bread
- Biscuits

Bread comes in all sorts of different shapes and sizes. Some bread is white. Eating some white bread is okay, but doctors say that brown bread - wholemeal, wholegrain or granary - is even better in a healthy diet

7. What should you do to have a healthy diet?



- Eat the same thing every day
- Eat lots of the same thing
- Eat different types of food
- Eat lots of food

Eat lots different types of food

6. Which one of these is best in a healthy diet?



- Doughnuts
- Vegetables
- Sweets
- Crisps

Vegetables give us special chemicals to help us to grow and stay healthy

8. Eating fruit is good for us. Many fruits have an important chemical in them. It helps keep us healthy. What is it called?



- Hydrogen
- Carbon dioxide
- Oxygen
- Vitamin C

Vitamin C is in lots of fruit and veg

9. Here is a list of foods: cabbage, Brussels sprouts, lettuce, broccoli, spinach. What do we call these vegetables?



- Beans
- Greens
- Reds
- Roots

Green vegetables are good for us. Do you always eat up your greens?

10. We need a variety of foods to grow and stay healthy. What else do we need to stay healthy?



- Ice Cream
- Sweets
- Chocolate
- Water

We have to have something to drink