

KS1 Science Quiz - Staying Healthy - Food (Correct Amounts) (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 diet and the correct amount of food to eat in order to stay healthy.

Food is very important if we want to stay healthy. Eating too little is not good for us. We need enough good food and clean water to grow and to stay healthy. In some parts of the world people don't get the right amount. They are short of food and water. But eating too much is not good for us either. We all need to get the balance right. At school, you have probably learned that people need the right amount of food if they are to stay healthy.

1. As well as putting on weight, what else might happen if you eat too many sweets?



- Get ear-ache
- Get toothache
- Get a headache
- Get a runny nose

2. Do you like chocolate? Most people do. Like most things, eating too much chocolate is not good for you. How much chocolate should you eat?



- A little
- A lot
- Lots and lots
- A massive amount

3. Not everyone gets enough food to eat. In some countries, people are short of food. When lots of people in a country are short of food, it is called a _____.



- Famine
- Hunger
- Drought
- Harvest

4. Children like sweets. Lots of grown-ups like sweets, too. If you eat too many sweets, what might happen?



- Become thin
- Become over-weight
- Become angry
- Become naughty

5. Layla is enjoying a meal with her family. Layla says, 'It is best to eat...'



- Lots of the same food at the same time
- Large portions of lots of different foods
- Enough food of lots of different sorts
- Not enough of a few types of food

7. Eating too much is not a good thing. This man is eating too much. He will be:



- Under-weight
- Over-weight
- The right weight
- The correct weight

9. This sandwich looks healthy. It is made of lots of different foods. It has bread and ham, and cheese, and lettuce and tomato. But what is wrong with this sandwich?



- It is difficult to eat
- It will fall over
- It will cost a lot
- It is too big

6. A lot of drinks have sugar in them. Sugar is sweet. Sugar is a food. If you eat a lot of sugar, you can become over-weight. Which one of these drinks does not contain any sugar?



- Regular cola
- Regular lemonade
- Fruit juice
- Water

8. Some children don't like a lot of foods. They will only eat a few things. The boy in the picture is called Lucas. Lucas doesn't like the food he has been given. Lucas wanted a pizza. Why should Lucas eat the food?



- To please his Mum
- So he can moan about it
- So he can get out to play quicker
- To grow and stay healthy

10. Do you like cakes and biscuits? Most people do. But what might happen if you eat too many cakes and biscuits?



- Become thin
- Become under-weight
- Become over-weight
- Become sad

KS1 Science Quiz - Staying Healthy - Food (Correct Amounts) (Answers)

1. As well as putting on weight, what else might happen if you eat too many sweets?



- Get ear-ache
- Get toothache
- Get a headache
- Get a runny nose

Too many sweets can rot your teeth

2. Do you like chocolate? Most people do. Like most things, eating too much chocolate is not good for you. How much chocolate should you eat?



- A little
- A lot
- Lots and lots
- A massive amount

Did you know? - Chocolate is not good for dogs. Even a little bit can make them very ill. So don't feed chocolate to your pet

3. Not everyone gets enough food to eat. In some countries, people are short of food. When lots of people in a country are short of food, it is called a _____.



- Famine
- Hunger
- Drought
- Harvest

Drought is when it does not rain. The crops cannot grow. This causes a famine

4. Children like sweets. Lots of grown-ups like sweets, too. If you eat too many sweets, what might happen?



- Become thin
- Become over-weight
- Become angry
- Become naughty

What is your favourite sweet?

5. Layla is enjoying a meal with her family. Layla says, 'It is best to eat...'



- Lots of the same food at the same time
- Large portions of lots of different foods
- Enough food of lots of different sorts
- Not enough of a few types of food

Like Layla, enjoy eating a healthy, varied diet

6. A lot of drinks have sugar in them. Sugar is sweet. Sugar is a food. If you eat a lot of sugar, you can become over-weight. Which one of these drinks does not contain any sugar?



- Regular cola
- Regular lemonade
- Fruit juice
- Water

What do you drink at school?

7. Eating too much is not a good thing. This man is eating too much. He will be:



- Under-weight
- Over-weight
- The right weight
- The correct weight

People are not all the same weight. Children are not all the same weight. But eating far too much can make people over-weight

8. Some children don't like a lot of foods. They will only eat a few things. The boy in the picture is called Lucas. Lucas doesn't like the food he has been given. Lucas wanted a pizza. Why should Lucas eat the food?



- To please his Mum
- So he can moan about it
- So he can get out to play quicker
- To grow and stay healthy

Growing and staying healthy will please his Mum

9. This sandwich looks healthy. It is made of lots of different foods. It has bread and ham, and cheese, and lettuce and tomato. But what is wrong with this sandwich?



- It is difficult to eat
- It will fall over
- It will cost a lot
- It is too big

There is far more food here than you need

10. Do you like cakes and biscuits? Most people do. But what might happen if you eat too many cakes and biscuits?



- Become thin
- Become under-weight
- Become over-weight
- Become sad

Most people like cakes and biscuits. But, like a lot of things, don't eat too many of them