

Understanding Our Bodies (Level 1)
Assessment Questions

Paper Figures

1. What are our five senses?
2. What is the function of each of the following:
 - A) Hands
 - B) Legs
3. Write names of the body parts below.



4. Choose the correct answer: we use our hands to:
 - A) Jump
 - B) Walk
 - C) Write
5. Compare between human movement and the movement of either of the following:
 - A) Snake
 - B) Bear
6. Draw a paper doll and label the following on your figure:
 - A) Head
 - B) Knees
 - C) Toes
 - D) Arm
 - E) Hand
7. How does your breathing or pulse change after doing physical exercises? Why?

Good Touch, Bad Touch

1. What is a good touch?
2. What is a bad touch?
3. What are private body parts?
4. Why is it important to know about good and bad touch?
5. Can you demonstrate how to respond to a bad touch?

6. How can you tell the difference between a good touch and a bad touch?
7. How can knowing about good and bad touch help you stay safe?
8. Why is it important to talk to someone you trust if you experience a bad touch?
9. Sara was playing outside. All her friends were playing. Suddenly someone came and hugged her. Sara feels uncomfortable when someone hugs her without her permission. What should she do?

Healthy & Sustainable Lifestyle

1. What are the four main types of healthy foods we should eat for a balanced diet?
2. How many minutes are in one hour? How many minutes are in half an hour?
3. Represent the following data using bar graphs:
How many hours did you sleep in the last 5 days?
 - Monday: 10 hours
 - Tuesday: 8 hours
 - Wednesday: 9 hours
 - Thursday: 12 hours
 - Friday: 10 hours
4. If you started your exercise at 3:30 and you finished at 4:25, for how long did you exercise?
5. Draw a plate of healthy food with examples of food from the four healthy food groups.
6. If you eat a lot of grains in most of your meals for 6 months without doing any physical exercise, how will this affect your health?
7. Name two exercises you can do to stay fit and healthy.

Understanding Infections and Vaccines

1. Circle the two living things that can cause disease:
 - A) Bacteria
 - B) Flowers
 - C) Butterflies
 - D) Viruses
2. What is an example of a microorganism that can cause disease and where can they be found?
3. What does a vaccine contain and how does it prevent disease?
4. What is the role of the immune system in fighting disease?
5. In your house, where can you find bacteria?

Our House Rules to Keep Covid-19 Away

1. What is COVID-19?
2. How does COVID-19 spread?
 - A) When someone who has COVID-19 sneezes next to someone who is not wearing a mask and does not have COVID-19
 - B) Any time someone goes outside their house
3. Kamal is standing in line at a grocery store. He is standing 1 meter away from someone. How much (and in what direction) should Kamal move to protect himself from possibly contracting COVID-19?
4. What are 2 things people can do to protect themselves and others from COVID-19?
5. True or false: to protect ourselves from COVID-19, we should stand 2 meters away from others when we go outside.
6. True or false: we cannot contract COVID-19 by touching surfaces that are contaminated with the virus (i.e., on which an infected person sneezed or coughed).
7. True or false: wearing a mask does not protect us from contracting COVID-19.