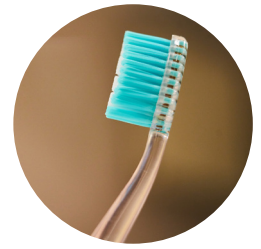


PSHCE - Test your skills

Year 3 Healthy Lifestyles



1. Match the word to the definition.

Nutrition	How much water a plant or animal has
Hydration	What a person eats
Diet	The nutrients our bodies get from food
Stamina	How able we are to keep doing physical activity

2 marks

2. Which of these is **not** a benefit of physical exercise?

- Keeps us healthier for longer
- Gives us a balanced diet
- Prevents illnesses
- Improves our stamina

1 mark

3. Correctly label the 5 food groups.

Protein Fruits and vegetables Fats and sugars Dairy Carbohydrates



3 marks

4. Tick the **three** possible effects of dehydration:

- Runny nose
- Dry mouth
- Difficulty concentrating
- Headache
- Toothache

1 mark

5. Using the words below, fill in the blanks:

..... in our mouths feed on sugars in our food, producing
..... This can cause.....

tooth decay sugars plaque bacteria

2 marks

6. Write either **doctor** or **dentist** on the line to show who could give advice about the problem mentioned:

“I keep getting a pain in my mouth and I’m not sure if it is toothache.”

“I have tried lots of different things, but I still find it difficult to sleep.”

1 mark

/10
Total