

# MULTIPLE CHOICE QUIZ

**1. Which of these is not a type of germ?**

- A. Virus
- B. Bacteria
- C. Funghi
- D. Tadpole

**2. Which of these things can help you to feel better if you are poorly?**

- A. Drinking Water
- B. Not resting
- C. Eating lots of unhealthy foods
- D. Playing in the cold and rain

**3. When should you wash your hands?**

- A. Before Eating Tea
- B. After going to the toilet
- C. After playing outside
- D. All of these answers

**4. Which of these people can't help you when you are poorly?**

- A. A teacher
- B. A doctor
- C. A pharmacist
- D. A TikToker

**5. How can you look after the inside of your body?**

- A. By brushing your hair
- B. By cleaning your nails
- C. By eating lots of healthy food
- D. By washing your hands or by washing your face

**6. Which of these will help you to get better from a cold?**

- A. Antibiotics
- B. Sleep and lots of rest
- C. Not eating healthy food
- D. Not drinking water

**7. What helps to protect our bodies from getting poorly?**

- A. Lots of medicine
- B. Our immune system
- C. Going to the doctors
- D. Hiding in our bedroom

**8. Which of these things won't help if you have a sore throat?**

- A. Eating cold and soft foods
- B. Drinking lots of water
- C. Sucking on ice cubes or ice lollies
- D. Antibiotics

**9. Germs are small: you need one of these to see them:**

- A. Microscope
- B. Telescope
- C. Stethoscope
- D. Kaleidoscope

**10. What are antibiotics?**

- A. A type of medicine you can use for coughs and colds
- B. A type of medicine that can treat some bacteria infections
- C. A type of medicine that can treat headaches
- D. A type of medicine you can use for a poorly tummy

