

# Grade 2 Pre/Post-Test

Directions: Fill in the circle of the one correct answer for each statement or question.

Example:

1. What animal lives in the sea?

- A. shark
- B. cat
- C. bird

1.



1. Which is an example of an emergency?

- A. a picnic.
- B. a house fire.
- C. a bloody nose.

2. Which of the following is an example of being unsafe?

- A. crossing the street without looking.
- B. crossing the street with a crossing guard.
- C. crossing the street with an adult.

3. What are examples of influencers?

- A. nutrients in food.
- B. exercise.
- C. TV, friends, and family.

4. What are two ways to protect your brain?

- A. run, exercise and play.
- B. stop, drop and roll.
- C. Wear a helmet and don't take drugs.

5. What does the Food Pyramid tell you?

- A. it tells you the kinds of exercises to do.
- B. It tells you the kinds of foods to eat.
- C. it tells you about the foods that are not healthy.

6. When children want a cereal that they saw on TV, what influenced them?

- A. friends and family.
- B. television advertisement.
- C. the Food Pyramid.

7. What does your heart need to stay healthy?

- A. fungus and bacteria.
- B. brush your teeth after every meal.
- C. exercise and healthy food.

**8. What can make a heart sick and unhealthy?**

- A. smoking, high fat foods and no exercise.
- B. exercise, healthy food and low fat foods.
- C. germs that cause flu and colds.

**9. What is one healthy way to cope with your fears?**

- A. ignore them.
- B. think of something scary.
- C. tell someone you trust.

**10. What happens to your body when you feel afraid?**

- A. you breathe more slowly.
- B. you feel like you need a nap.
- C. your heart beats faster.

**11. Where might a family go if they need medical help?**

- A. grocery store.
- B. doctor or medical clinic.
- C. next door neighbor.

**12. What is another word for special?**

- A. unique.
- B. respect.
- C. violent

**13. What is one thing that you can do that a newborn baby can't do?**

- A. talk.
- B. drink.
- C. sleep.

**14. What has alcohol in it?**

- A. cigarettes.
- B. wine.
- C. vitamins.

**15. What has nicotine in it?**

- A. tobacco.
- B. beer.
- C. soda.

**16. What is one way to keep your skin healthy?**

- A. play in the sun.
- B. wear sunscreen.
- C. read books.

**17. What can you do to keep germs out of your body?**

- A. wear a space suit.
- B. wash your hands before eating food.
- C. play in a clean room.

**18. What is one thing you can do to keep germs from spreading?**

- A. take medicine before you get sick.
- B. there isn't anything you can do.
- C. cover your sneeze.

**19. What body parts help you move?**

- A. bones and muscles.
- B. heart and lungs.
- C. eyes and ears.

**20. What does exercise do for your muscles?**

- A. makes them stronger.
- B. sends food and oxygen.
- C. keeps disease and illness away.