

# Star Learner Quiz



How much do you know about self-care?

Test yourself with this quiz and get a certificate for taking part!



1. How long should children (11-16 years), aim to be physically active per day across the week?

30 minutes per day

60 minutes per day

90 minutes per day



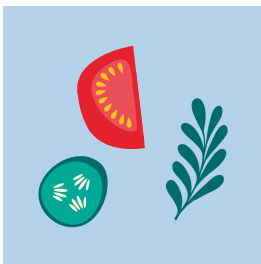
2. What type of exercise strengthens your heart?

Resistance building (e.g. push-ups or sit-ups)

Weight lifting

Aerobics (e.g. swimming or walking)

Relaxing



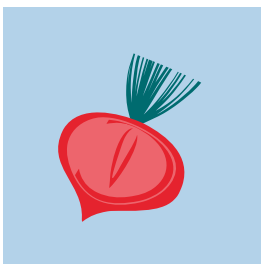
3. Why is it not a good idea to fill your plate with foods that are all the same colour?

Having foods of a variety of colours shows that the meal contains a variety of nutrients

A variety of colours shows that your meal is low-fat

Foods that are all the same colour are unhealthy

Your plate will look better with lots of different foods



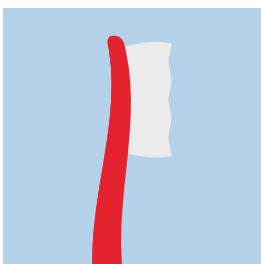
4. What do we gain from eating fruit and vegetables?

Vitamins and fibre

Fibre

Fibre and protein

Vitamins and protein



5. How long should you brush your teeth for?

Less than a minute

2 minutes

1 minute

3 minutes



## 6. How often should you visit a dentist?

Twice a year

Twice a month

Twice a week

When you have a toothache



## 7. Why is it helpful to talk to a trusted adult or friend when you feel down or stressed?

They can help you feel understood

You can skip homework

They will solve all your problems for you

It makes the problems disappear instantly



## 8. Which of these is a simple way to practice mindfulness or staying calm?

Eating lots of snacks

Taking deep breaths and focusing on the present moment

Ignoring your feelings until they go away

Watching hours of TV to forget about your worries



## 9. What is the best way to support a friend who is struggling with low mood or feeling anxious?

Telling them to 'cheer up' because things aren't that bad

Avoiding the topic because it makes you uncomfortable

Encouraging them to talk about their feelings and offering to listen

Giving them advice on how to fix their problems immediately



## 10. Which free services are available to help support your wellbeing?

ChatHealth: Message with a health professional to get confidential advice on any topic you want to talk about

Well Newham and Joy directory: find community groups and charities that support young people near you

Kooth: Online support and counselling, contribute to discussion boards, set goals for yourself and keep a journal

Youth Empowerment Service: drop into youth zones for free social activities and youth worker support



Find out if you got the answers right and download your certificate,  
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