



# QUIZ TIME !!

Let's Test What Have You Learned



## Practice Quiz

Childrens

1. What emergency number should you call in Malaysia?

- 911       999  
 233       989



2. What does the following image refer to?

- Nutrition Sources       Calcium  
 Protein       Diet

3. What is the appropriate number of hours we should sleep?

- 8-10 hours       2-3 hours  
 15-17 hours       No sleep

4. When to act immediately for emergency time?

- Severe injury or bleeding       Sleeping  
 Laughing       Walking



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5. \_\_\_\_\_ litres of water a day children should drink.

- 1.0       3.7  
 1.9       7



6. If someone is hurt, what should you do first?

- Panic       Walk away  
 Stare       Stay calm

7. Who should children inform in emergency times?

- Parents or guardians       Enigma  
 Friends       Strangers

8. 13. If your friend is unconscious, should you shake them hard?

- Yes       No



9. What is the balanced meals guide?

- Pyramid Food       Don't eat  
 Junk food       Water

10. \_\_\_\_\_ well to be more energized.

- Rest and sleep       Singing  
 Playing games       Diet

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