



# QUIZ TIME !!

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## 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

5. How many litres of water a day children should drink



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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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