

Understanding Our Bodies (Level 2)

Assessment Questions

Growing Up

1. Choose the right answer:
 - A) Worms are _____ (vertebrates, invertebrates)
 - B) Fish are _____ (vertebrates, invertebrates)
2. What is a joint? Give an example.
3. What part of the skeleton protects the:
 - A) Brain?
 - B) Lungs?
4. What are the two types of skeletons? Draw or name an example of an animal with each type of skeleton.
5. List two differences between vertebrates and invertebrates using examples.
6. How does exercise affect your breath and heartbeat?

Healthy & Sustainable Lifestyle

1. What are the four main types of healthy foods we should eat for a balanced diet?
2. How many minutes are in one hour? How many minutes are in half an hour?
3. Represent the following data using bar graphs:

How many hours did you sleep in the last 5 days?

 - Monday: 10 hours
 - Tuesday: 8 hours
 - Wednesday: 9 hours
 - Thursday: 12 hours
 - Friday: 10 hours
4. If you started your exercise at 3:30 and you finished at 4:25, for how long did you exercise?
5. Draw a plate of healthy food with examples of food from the four healthy food groups.
6. What are 3 or 4 steps you can take to ensure a healthy lifestyle?
7. If you eat a lot of grains in most of your meals for 6 months without doing any physical exercise, how will this affect your health?
8. Name two exercises you can do to stay fit and healthy.

Understanding Infections and Vaccines

1. What are some microorganisms that can cause disease in humans?
2. How do vaccines prevent diseases?
3. What are antibodies and how do they help fight diseases?
4. What is herd immunity and how does it work?
5. What is the difference between bacteria and viruses?
6. Explain how handwashing can help prevent the spread of diseases.
7. What would happen if a large portion of the population refused to get vaccinated?
8. Why is it important to get vaccinated even if you have never had a particular disease?
9. What are the social implications of individuals choosing not to get vaccinated?
10. How can scientific information about vaccines and disease be effectively communicated to different communities and populations?

Our House Rules to Keep Covid-19 Away

1. What is COVID-19?
2. How does COVID-19 spread?
3. What are 3 common symptoms of COVID-19?
4. Kamal is standing in line at a grocery store. The mixed fraction $2\frac{1}{2}$ represents the distance between Kamal and the person in front of him in meters. Is he safe at this distance? If not, how many steps (and in what direction) should Kamal take to protect himself from possibly contracting COVID-19? Assume that each step is 0.5 meters.
5. Mona lives in a neighborhood with a high COVID-19 infection rate. One day, she left her house to shop for groceries. The following day, Mona experienced some symptoms, and a test confirmed she had contracted COVID-19. List 2 reasons this could have happened.
6. What are 4 things people can do to protect themselves and others from COVID-19?
7. True or false: to protect ourselves from COVID-19, we should stand 1.5 meters away from others when we go outside.
8. True or false: we cannot contract COVID-19 by touching surfaces that are contaminated with the virus (i.e., on which an infected person sneezed or coughed).
9. True or false: Wearing a mask does not protect us from contracting COVID-19.