



SARASAS WITAED BURAPHA SCHOOL

Worksheet Bilingual Program Semester 1/2021

Name: _____

Grade: _____

Subject: Health Education

Student Number: _____

Good Posture & Personal Skills and Interest

I. Multiple Choice

Directions: Choose the letter of the correct answer. Click on your answer.

1. It refers to the positioning of a person's body.
 - a. body posture
 - b. position
 - c. body parts
 - d. head
2. What should we do when we stand or walk?
 - a. We hold our heads up and keep our backs straight.
 - b. We curve our back.
 - c. We curve our shoulders.
 - d. We hold our shoulder and curve our back.
3. What do you call the ability to do something well?
 - a. Skill
 - b. posture
 - c. interest
 - d. body
4. What do you call the strong wish to give attention?
 - a. ability
 - b. posture
 - c. interest
 - d. body

5. What should we do when the object is too heavy to carry?

- a. just sleep
- b. don't carry it
- c. just eat
- d. call for help

II. Fill in the blanks

Directions: Fill in the missing words. Click on your answer.

skill	body Posture	interest
help	personal	

- 6. _____ is the ability to do something well.
- 7. _____ is the positioning of person's body.
- 8. _____ is the strong wish to give attention.
- 9. We call for _____ if the object is too heavy for us to carry alone.
- 10. Human beings are different in _____ skills and interest.

III. True or False

Directions: Click on your answer.

- | | | |
|---|-------------------------------------|--------------------------------------|
| 11. If we cannot lift a heavy object, we call for help. | <input type="button" value="True"/> | <input type="button" value="False"/> |
| 12. We read lying down. | <input type="button" value="True"/> | <input type="button" value="False"/> |
| 13. We sit up straight on the chairs. | <input type="button" value="True"/> | <input type="button" value="False"/> |
| 14. People have a naturally upright posture. | <input type="button" value="True"/> | <input type="button" value="False"/> |
| 15. Read with book very close to your eyes. | <input type="button" value="True"/> | <input type="button" value="False"/> |