

Final Examination 2022

School: Anuban betong
Subject: Health and Physical education
Class: Primary 1
Marks: 10

Teacher: Yursem Seipainao Awungshi
Date: March 2022
Time: 40 minutes

Directions: There are 30 questions and all the questions are compulsory.

A. Choose the correct answer.

1. Why do we eat food?



- a. To grow b. To sleep

2. What is this?



- a. Table b. Nutrition flag

3. Fruits and vegetables keep us



- a. Healthy b. sad

4. We should not eat.



- a. Junk food b. fruits

5. How many regular meals we should eat?



- a. 1 time b. 3 times

6. At what time should we eat breakfast?



- a. 7 o'clock b. 10 o'clock

7. Before eating you should wash your



- a. Hands b. face

8. We should chew our food quickly.



- a. Yes b. No

9. We talk when our mouth is full of food?



a. Yes

b. No

10. Good food will also make your hair



a. Shiny

b. fall

B. Chose the right word to complete the sentences.

11. Germs are tiny/big.



12. Germs make us Happy/sick.



13. Germs can get in our body when we lick our fingers/candy.



14. We cannot speak easily when we have cough/sit.



15. When we have fever, our body feels cold/hot.



16. When we have rashes, there are small red dots/water.



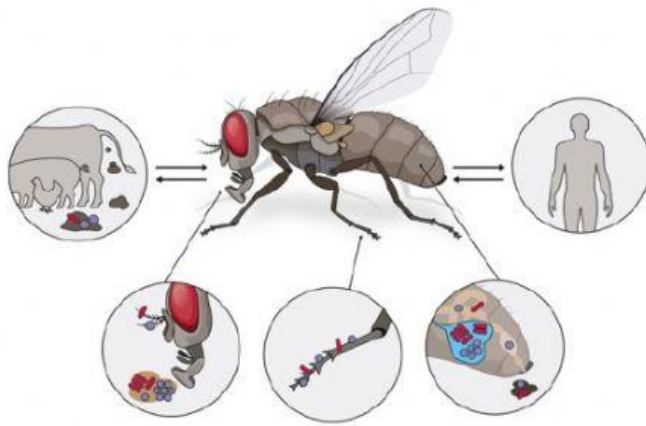
17. We feel pain in our tummy when we have stomachache/sad



18. Wash your hand after using toilet/towel



19. Houseflies and mosquitoes spread germs and diseases/food



20. Do not play with medicine/ball.



C. Select true or false.

21. We should always ask our parents before we eat medicine (true / false).



22. We accept medicine from strangers (true / false)



23. We should throw the tissue paper in the bin after use (true/false)



24. Accidents can happen anywhere anytime (true/false)



25. We might get hurt in an accident (true/false)



D. Match the following.



a. falls down the stairs



b. slip on the water



c. stumble on the floor



d. playing with sharp object



e. cut the fingers