

INSPIRED TOTS EARLY LEARNING CENTER

1<sup>ST</sup> TERM EXAMINATION, 2024

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

HEALTH EDUCATION

3<sup>RD</sup> GRADE

SECTION 1.

Use the information below to fill in the blank spaces

Ribs cage, pores, knee, hot, tendons, dermis and epidermis, femur, 160,  
humorous, ligaments, tibia and fibula, ulna and radius, framework, 206,  
Posture

1. The way you hold your body when you sit, stand and move about is define as \_\_\_\_\_
2. The human skeletal system is made up of about \_\_\_\_\_ number of bones.
3. Another name for our skeletal system is \_\_\_\_\_
4. One of these is called the largest bone in our body \_\_\_\_\_
5. The patella is located at what part of our body \_\_\_\_\_
6. The part of the skeletal system that house the essential organs of the body is \_\_\_\_\_
7. The two bones at the lower part of our arms are called \_\_\_\_\_ and \_\_\_\_\_
8. The two bones under the femur are \_\_\_\_\_ and \_\_\_\_\_
9. Our bones are joined together by a \_\_\_\_\_
10. The muscles in our bodies are joined to the bones by \_\_\_\_\_
11. The two basic part of our skin is \_\_\_\_\_
12. The tiny opening in our skin is \_\_\_\_\_
13. In what kind of weather are you encouraged to bathe every day? \_\_\_\_\_
14. What should you do when you are angry, upset or unhappy about something and you cannot talk about it without getting angry.  
1. don't talk about it at all. 2. Talk about it anyway. 3. Ignore the other person's feelings 4. Ask God to help you not to be angry. A). 1&2 B). 1&4 C). 2&3 D). 1&3

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Match where the following muscles are located correctly.

- |                       |            |
|-----------------------|------------|
| 15. Biceps            | stomach    |
| 16. Triceps           | neck       |
| 17. Facial muscles    | upper arm  |
| 18. Abdominal muscles | bottom arm |
| 19. Trapezius         | face       |
20. When someone older speaks to you
1. Be pleasant, smile and be interested
  2. Walk away while they are still talking to you.
  3. Answer yes or no to your older ones.
  4. Answer yes or no sir or ma'am to your older ones.
- A). 1&4 B). 1&2 C). 2&4 D). 3&4

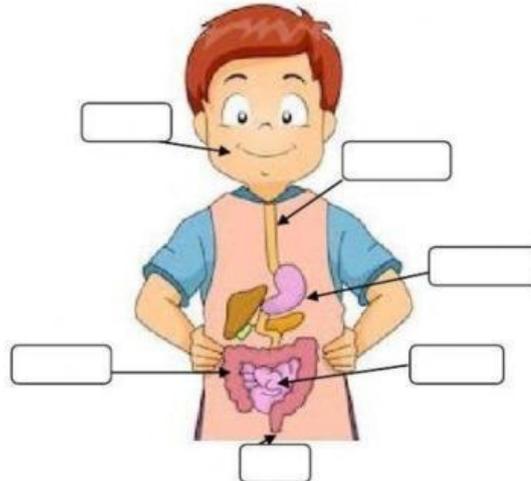
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

SECTION 2.

1. Label the picture.

- mouth    stomach    oesophagus    small intestine    anus    large intestine



2. Order the process of digestion.

- The **stomach** breaks the food down into nutrients.
- The **oesophagus** pushes the food down to the stomach.
- We chew the food with our **teeth**.
- The **large intestine** takes waste to the anus.
- The waste goes through the **anus**.
- The **small intestine** separates the nutrients from the waste and **absorbs the nutrients**. The nutrients pass from the small intestine into the blood, which carries them to all parts of the body.

3. Which is the longest intestine? Choose the correct option.

- a) large intestine
- b) small intestine

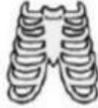
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SECTION 3.

1. Match the picture with the word.



Spine

Skull

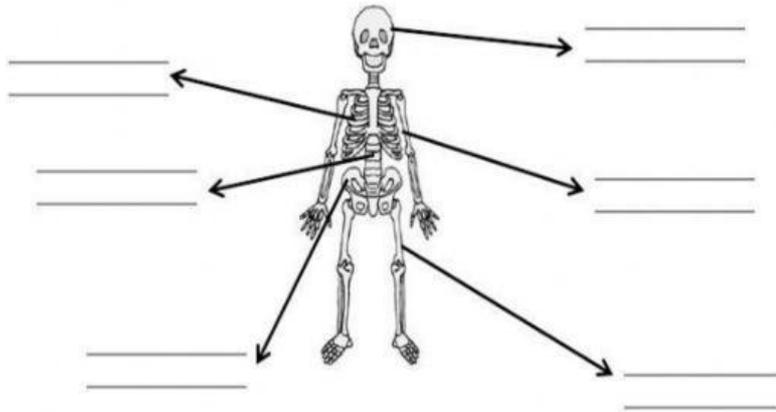
Ribs

Femur

Humerus

Hip

2. Write the names of the bones.



3. Where are these muscles? Match.

biceps    pectoral muscles    abdominal muscles    gluteus    quadriceps    calf muscles

torso

arm

leg