

INSPIRED TOTS EARLY LEARNING CENTER

FIRST TERM EXAMINATION, 2024.

NAME: _____ DATE: _____

HEALTH EDUCATION
GRADE

2ND

1. Which one cannot improve your posture while standing? a) Stand up straight and tall. b) Pull your stomach in c) Push your stomach out d) Keep your head level
2. Bad posture may damage our body _____. a) wash b) blood c) organs d) hair
3. What are most cereals made of? a) Salt and butter b) Rice and corn c) Sugar and chocolate d) Cabbage and okra.
4. _____ help protect us from getting colds and diseases. a) Protein b) egg c) Vitamin d) rice
5. Which food group builds muscles? a) Protein foods b) Starch foods c) Fat d) Water.
6. Which of these is a balanced meal? a) eggs, toast, orange juice and milk. b) Doughnuts and soda c) Cereal without milk d) banana and a peach
7. I am tired. What are my muscles telling me? a) To play b) To rest c) To eat d) To run
8. How much sleep does one need each night? a) 6-8 hours b) 10-12 hours c) 12-13 hours d) 14-18 hours

9. To make your muscles strong, you must ____ everyday. a) sleep b) exercise c) talk d) laugh
10. When you work and play, your body changes the food you eat into _____. a) liquid b) protein c) energy d) fat
11. Which of these is the best definition of exercise? a) Going to the gym b) Lifting weights c) Anything requiring physical effort d) Sitting on the couch
12. What part of your body will benefit from exercise? a) Your bones b) Your muscles c) Your heart d) All of the above
13. How many cups of water should you drink in a day? a) at least 4 b) at least 5 c) at least 6 d) at least 2
14. How many glasses of milk does your body need in a day? a) 5 b) 7 c) 2 d) 4

Answer true or false

15. It's ok to skip breakfast on school days. _____
16. A healthy breakfast fuels up your body and gives you energy to start the day. _____
17. Eating breakfast can help you do well in school. _____
18. A donut and coffee is a healthy breakfast. _____
19. You should avoid sugary cereals or sugar foods for breakfast. _____

Fill in the blanks with the correct answer

Well _____ posture fun warm up straight

20. Exercise is _____ and enjoyable.

21. I need to _____ my body before I exercise.

22. We keep our backs _____ when we stand, sit or walk.

23. We grow _____ with good posture.

24. Good _____ is the condition of keeping our backs straight when we stand, sit or walk.

25. Write 2 advantages of having good posture.

_____ and

26. Mention 2 disadvantages of bad posture.

A. _____

b. _____

27. What are two good vitamin foods? _____

and _____

28. Give 2 functions of water to your body.

1 _____

2 _____

29. Rearrange the stages of high jump listed below in the correct order

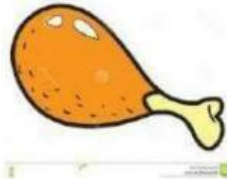
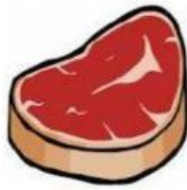
a. Landing b. Takeoff c. flight d. Run up e. Clearing the cross bar

_____/_____/_____/_____

❖ Write (A) on food which we get from animals and (P) on food which we get from plants



Spinach



Carrot



Apple



wheat