

### HEALTH HABITS

1. Food is anything we \_\_\_\_\_ to make our \_\_\_\_\_ strong.
2. The following are types of food except,  
(a) Stone            (b) Fruit            (c) Eggs
3. Match the food based on their names.

Fruits



Vegetables



Meat



4. Food makes us \_\_\_\_\_.
5. Food makes us \_\_\_\_\_.
6. Food helps our body to fight \_\_\_\_\_.
7. Food makes us \_\_\_\_\_.
8. Balanced diet is a food that contains all the \_\_\_\_\_ the  
\_\_\_\_\_ needs.

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Look at the pictures carefully and match appropriately.

9. Carbohydrates.



10. Fat and oil



11. Vitamins



12. Water



13. Protein





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Look at the pictures carefully and select only the healthy food.



Bugger



Jollof rice

Look at the pictures carefully and say what the children are doing.

Keeping clean

 taking a bath	 combing hair	 brushing teeth
 trimming nails	 washing face	 wearing clean clothes
 eating healthy food		