

NAME: _____

DATE: _____

HEALTH EDUCATION

3RD GRADE

CHOOSE THE CORRECT OPTION FROM THE LIST OF OPTIONS LETTERED A-D.

1. The inner part of our skin is called the _____. a). Sweat gland b). Dermis c). Epidermis d). Pores
2. Personal hygiene includes both _____ and _____
a). Dressing quickly b). Cleanliness c). Smartness d). Neatness. **Choose two options**
3. The outer layer of the skin is called the _____. a). Sweat gland b). Dermis c). Epidermis d). Pores
4. A tiny opening on the skin that allows sweat out of our body is called the _____.
a). Sweat gland b). Dermis c). Epidermis d). Pores
5. When you play hard and sweat glands give out sweat, you are said to be _____.
a). Sweating b). Running temperature c). Perspiring d). Working up
6. All of the following collects dirt on the skin **Except**. a). Perspiration b). Oil c). Creases d). powder
7. Washing with soap and warm water is _____. a). Cleanliness b). Neatness c). Bathing d). Washing
8. Our teeth are divided into two parts namely _____ and _____ a). Crown and head b). Root and stem c). Molars and Premolars. d) Crown and Root
9. Your front teeth are called the _____. a). Cuspids b). Incisors c). Molars d). Premolars
10. _____ is a harmful germ that is always forming in between the teeth and mixing with any form of sugar to form acid that causes tooth decay. a). Plaque b). Fluorine c). Acid d). Sweet candy
11. A doctor that cares for our teeth is called the _____. a). Optician b). Gynecologist c). Dentist d). Lab scientist.
12. Match the tennis word with its meaning
___ love A. when one player plays against one other player
___ racquet B. it divides the playing area into two halves
___ singles C. the player uses this to hit the ball
___ doubles D. when a team of two players plays against two other players
___ net E. tennis is played on this
___ court F. when a player has zero points
13. The object of tennis is to hit the ball over the
a. net.
a. other player's head.
a. fence.

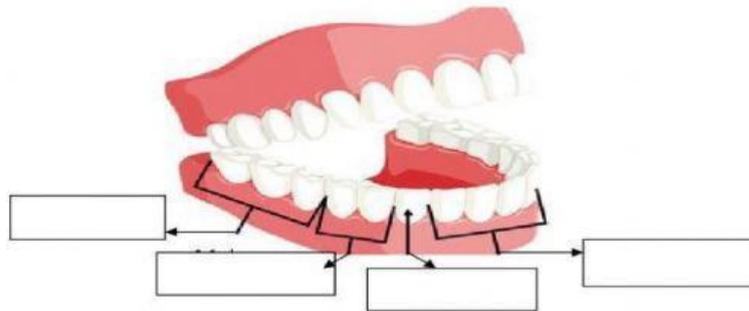
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14. If a player hits the ball _____, the other player gets a point.
- a. out of bounds
 - a. in bounds
 - a. over the net
15. When a runner runs around all of the bases and touches home plate it counts as _____.
- a. 1 point
 - a. 1 run
 - a. 1 goal
 - a. 2 points
16. Players are not allowed to touch
- a. the racquet.
 - a. the net.
 - a. the ground.
17. A shot that goes way high in the air and comes down on the other side of the net is
- a. a fly ball. b. a fly over c. a moon shot. d. a lob.
18. Some professional tennis matches are played on clay courts.
- a. True
 - a. False
19. How is it decided which player will serve first?
- a. coin toss
 - a. alphabetical order
 - a. the older player goes first
20. How many players are on the basketball court on a team?
- a. 4
 - a. 8
 - a. 5
 - a. 3

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21. When returning a serve in Volleyball, a player should hit the ball with their open hands.
- a. True
 - a. False
22. I can dribble the ball, stop dribbling and then dribble again.
- a. True
 - a. False
23. How many steps can I take when I am not dribbling?
- a. 0
 - a. 1
 - a. 2
 - a. 3
24. If a friend is dribbling a basketball with both hands on the ball, how would you analyze their dribbling?
- a. Tell them "great job"
 - a. Tell them "use 1 hand"
 - a. Tell them "make a point"
25. Who invented the game of basketball?
- a. Dr. James Naismith
 - a. Walt Disney
 - a. Nicholas C Seuss
 - a. All of the above
26. Only the team with the ball can receive a penalty.
- a. True
 - a. False
27. In what city was basketball invented?
- a. Ashland, Kentucky
 - a. Huntington, West Virginia
 - a. Springfield, Massachusetts
 - a. Myrtle Beach, South Carolina

Identify the different kinds of teeth:(Drag and drop)



CANINES

MOLARS

PREMOLAR

INCISORS

Identify the parts of a tooth: (Drag and drop the correct answer)



CROWN

ROOT

DENTINE

ENAMEL

PULP

GUM

SECTION TWO

ANSWER ALL QUESTIONS

1. Mention 4 ways to take good care of your teeth.
2. List 5 items that must be in a first aid box and their uses.
3. State 4 safety rules of first aid.