

INSPIRED TOTS EARLY LEARNING CENTER
THIRD TERM EXAMINATION 2024/2025

NAME: _____

Health Education

Select the correct answer

1. When you answer the phone, you need to say your _____ and _____
a name, hello b company, bye c how, today
2. It is courteous to give a pleasant greeting when you meet someone.
a. true b. false c. none of the above
3. Who should end the phone call first? a the person who answered
b the person who called c it doesn't matter
4. What should you do while answering the phone? a chew gum b
listen to music c you shouldn't have any distraction
5. Always use _____ while riding a bicycle. a bicycle b zebra
crossing c helmet
6. We should cross the road with _____. a elders b strangers c
younger one
7. What should you say if you have to walk in front of someone? a.
pardon me b. excuse me c. all of the above
8. Courtesy means being _____ to others a. rude b. kind c.
selfish
9. Saying "please and thank you" is an example of _____ a.
shouting b. politeness c. ignoring
10. Building good relationships with others need _____ a.
fighting b. courtesy c. shouting

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11. If your friend is celebrating his birthday, what would you say? a. not bad b. not well c. congratulations
12. When a national flag is old and worn, it should be _____ a. thrown away b. burned c. none of the above
13. 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
14. Bad posture may damage our body _____. a) wash b) Blood c) Organs d) Hair
15. What are most cereals made of? a) Salt and butter b) rice and corn c) Sugar and chocolate d) Cabbage and okra.
16. _____ help protect us from getting colds and diseases. a) Protein b) egg c) Vitamin d) rice
17. Which food group builds muscles? a) Protein foods b) Starch foods c) Fat d) Water.
18. 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
19. I am tired. What are my muscles telling me? a) to play b) to rest c) to eat d) to run
20. About how much sleep you need each night. a) 6-8 hours b) 10-12 hours c) 12-13 hours d) 14-18 hours

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21. To make your muscles strong you must ____ everyday. a) sleep b) exercise c) talk d) laugh
22. How many players are on a football team? a. 11 b. 10 c. 9 d. 22
23. What is the other name for the football sport? a. Soccer b. Leg ball c. Baseball d. Bootball
24. When a national flag is old and worn out, it should be _____.
a. Thrown away b. Burned c. Left like that d. Painted
25. Basketball is a _____ game. a. Tidy b. Team c. Tennis d. One man
26. Each team in basketball is made up of _____ players. a. Six b. Seven c. Five d. Four
28. _____ and _____ are skills in basketball. a. Bouncing and throwing b. Catching and kicking c. Rolling and picking d. Heading and chesting
29. _____ is a way to give the ball to a teammate in a basketball game. a. Catching b. Throwing c. Heading. D. passing
30. If there is no sidewalk, I should walk on _____ side of the street?
a. left b. right c. none
31. I should ride my bicycle on the _____ side of the street. a. left b. right c. opposite
32. I _____ let a friend ride on my bicycle with me. a. should b. should not c. none of the above
33. I _____ swim under a diving board. a. should b. should not c. always

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34. It is _____ to go swimming or boating during a thunderstorm. a. safe b. not safe c. always safe

35. It is _____ for drivers to see you when it is foggy, raining or snowing. a. harder b. easier c. safer

36. To reach for something high, I should use a _____ a. chair b. stepladder c. stool

37. I should _____ while carrying a pointed object. a. run b. walk c. crawl

Fill in the correct answer

38 list 2 places you can practice good manner. _____ and _____

39. Mention 2 instances or examples where you showed kindness to people.

I _____

ii _____

40. Complete the sentences using the words below

Backhand drive court forehand drive injuries serve
racket

- a. Tennis is played on a _____
- b. The tennis player hits the ball with a _____
- c. The three different shots in tennis are the _____, the _____ and the _____
- d. Players should follow the rules of the game to avoid _____

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Fill in the blank with the correct answer.



1. Don't _____ your _____ and
_____ out of the window.



2. _____ both _____ on your
_____.



3. Wear a _____ when you _____ a
bicycle.



4. Look both _____ before
_____ the road.



5. _____ your _____ when you are
sitting in the car.

.....
stick crossing seatbelts fasten ways hand
handlebars put ride hands head helmet