

INSPIRED TOTS EARLY LEARNING CENTER
K4 FIRST TERM ASSESSMENT 2025/2026

Health Habits.

1. Personal hygiene is a collection of habits that people perform to keep themselves clean and their body health. **True** **False**

2. Mention (4) parts of your body. _____, _____, _____ and _____

3. The eyes is the organ for _____ (a) sight (b) hearing (c) walking.

4. The tongue is use for _____ (a) hearing (b) seeing (c) tasting

5. _____ is the part of our body we use for walking.

(a) head (b) legs (c) hands.

6. _____ is the part of our body we use for smelling.

(a) teeth (b) nose (c) eyes

7. We can take care of our body by _____

(a) Bathing (b) eating (c) working.

8. Identify the following pictures.



9. _____, _____ and _____ are materials used to take care of our body?

(a) soap, water and sponge (b) oil, sand and water (c) spoon, plate and cup

10. Washing our hands after using the restroom is part of ways we can care for our body.

True **false.**

11. Reading with bright light and eating carrot is part of ways we can care for the eyes.

True **false.**

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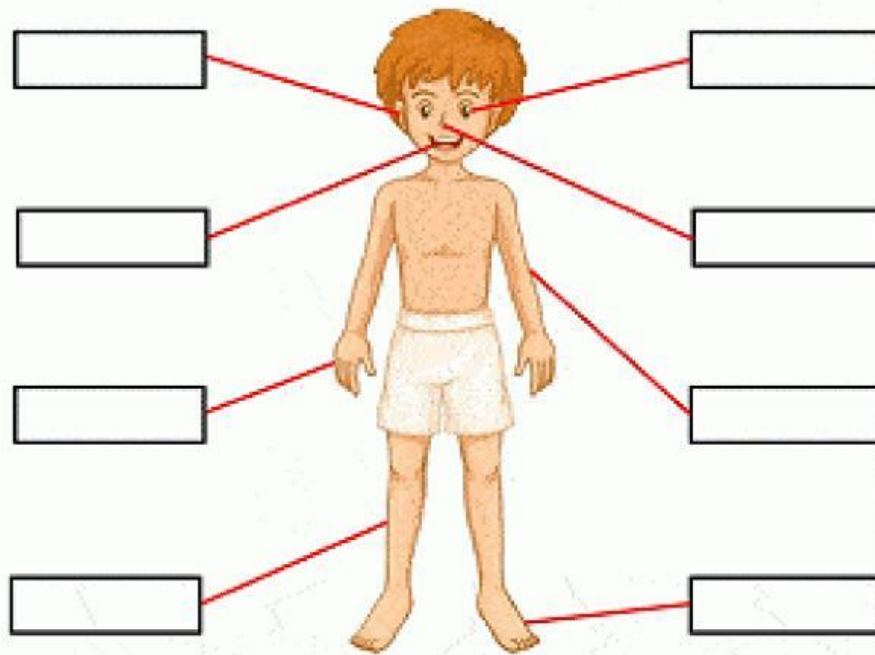
Label the parts of the body below.

arm
eye

hand
mouth

leg
ear

foot
nose



12. Wearing of clean clothes is part of ways we can care for our body. True/False
13. _____ is not a way of keeping our body clean.
(a) brushing (b) sleeping (c) washing
14. We should take our bath _____ daily.
(a) twice (b) trice (c) once.
15. The teeth is use for _____ (a) chewing (b) swallowing (c) talking
16. _____ and _____ are used to care for the teeth.
(a) toothbrush and toothpaste (b) oil and sand (c) soap and sponge.

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17. Match the following sense organs.

Sense Organs – Matching

Eye	
Nose	
Skin	
Tongue	
Ear	