Sarasas Witaed Ekkachai School – Online Class

Name: _____ No.____ Gr.____

A. Choose the letter of the correct answer.

1. We are fit to do particular job.

a. physical b. social c. mental

2. We have good relationship with our friends.

a. physical b. social c. metal

3. Good health is the state of being well in the _____ and mind.

a. hands b. ears c. body

4. We have something fixed in mind to be remembered.

a. mental b. physical c. social

5. Which of the following is not good for our health?

a. playing with friends

b. fighting with sister

c. sharing foods

LIVEWORKSHEETS

6. We need to eat right food and drink enough _____.

a. soda b. water c. juice

7. Which of the following help us to be strong?

a. playing computer

b. playing music

c. playing sports

8. How many glasses of water we need to drink a day?

a. 8 glasses b. 7 glasses c. 6 glasses

9. Which of the following is an example of rest?

a. playing toys

b. watching T.V

c. cleaning

10. Well-being comes from _____.

a. junk food b. soil c. good health

LIVEWORKSHEETS