



Sarasas Witaed Thonburi School  
Bilingual Programme  
P.A 5 for Grade 4, Semester 1/2021  
Subject: Health Education

Name: \_\_\_\_\_ Class: \_\_\_\_\_ No: \_\_\_\_\_

**Multiple choice: Choose the letter of the correct answer.**

1. \_\_\_\_\_ is the general way of holding the body.  
a. Exercise                      b. Posture                      c. Family
2. Is the condition of keeping our backs straight?  
a. Good posture              b. Bad posture              c. Bending
3. Exercise is important for our \_\_\_\_\_.  
a. eyes                          b. friends                      c. health
4. Exercise keeps us \_\_\_\_\_ and fit.  
a. fat                              b. trim                          c. weak
5. Bad posture may damage our body \_\_\_\_\_.  
a. wash                          b. blood                          c. organs

**Fill in the blanks by dragging the correct answer.**

well                      posture                      fun                      warm up                      straight

6. Exercise is \_\_\_\_\_ and enjoyable.
7. I need to \_\_\_\_\_ my body before I exercise.
8. We keep our backs \_\_\_\_\_ when we stand, sit or walk.
9. We grow \_\_\_\_\_ with good posture.
10. Good \_\_\_\_\_ is the condition of keeping our backs straight when we stand, sit or walk.