SARASAS WITAED MINBURI SCHOOL

SEMESTER 1, ACADEMIC YEAR 2021-2022

Worksheet No: 3 test

Student's Name_____ Grade: 4

Subject: _____ Date: _____ Teacher: _____

Part 1: True or False 5 points.

1. Regular exercise keeps our body strong and healthy._____
2. There is only one form of exercise._____
3. Playing sports also are form of exercise._____
4. Food such as fruit and vegetables are food for protection. _____
5. Foods for protection help us to fight against diseases._____

Part 2: Multiple choice: Write the correct letter in the box.

1. Drinking enough eater and eating the right food is_____?

a. Tiring b. nonsense c. healthy d. bad

2. Exercising regularly can make our body.

a. Weaken b. full of spots c. strong d. all of the above

3. When we do regular exercise we need to eat _____.

a. Energy-giving food b. less c. eat a lot d. none of the above

4. Which among the choices gives us energy?

a. Bread b. mango c. strawberry d. pineapple

5. Which among the choices known as food for protection?

a. vegetables b. milk c. rice d. noodles

LIVEWORKSHEETS