



**Sarasas Witaed Ratchaphruek School**  
Students Assessment for Online Teaching  
Midterm, Semester 2/ 2021  
**Grade 1**

Subject: **Health Education** 20 points  
Time: 60 minutes

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ No: \_\_\_\_\_

**Multiple Choice (20 Points)**

Directions: Choose the correct answer.

1) How many meals do we have in a day?

a. 4 meals

b. 3 meals

c. 2 meals

2) Which mealtime is for dinner?



3) Which food is good for our body?



4) When do we eat breakfast?



5) We have lunch at \_\_\_\_\_.



6) Which things help us grow and healthy?



7) Which thing we **should not** do during mealtime?

- a. overeat
- b. eat slowly
- c. eat enough food

8) What should you do after meals?

- a. brush your teeth
- b. play
- c. sleep

9) What do we use to clean our teeth?



10) How many times do we brush our teeth?

- a. 2 or 3 times a day
- b. once a week
- c. 3 or 6 times a day

11) We should brush our teeth \_\_\_\_\_ meals.

- a. before
- b. after
- c. during

12) I use my \_\_\_\_\_ to speak and sing clearly.

- a. 
- b. 
- c. 

13) We should brush our \_\_\_\_\_ after eating.

- a. 
- b. 
- c. 

14) What must we do to clean our teeth?

- a. brush
- b. eat
- c. drink

15) \_\_\_\_\_ comes from unhealthy teeth.

- a. Happiness
- b. Decay
- c. Talking

16) We should not \_\_\_\_\_ in a hurry.

- a. eat
- b. brush
- c. sleep

17) Do you brush your teeth after waking up?

- a. Yes, I do.
- b. No, I don't
- c. None of the above.

18) Why is it important to brush our teeth?

- a. To keep our teeth unhealthy
- b. To keep our teeth clean and healthy
- c. To keep our teeth dirty

19) Which food help to keep our teeth healthy?



20) Which action shows brushing teeth?



*Best of luck!*