

STAR KIDS DLC
1st Quarter - Quiz No. 2
Science and Health III

Name: _____

Level and Section: _____

Date: _____

Score: _____ **Parent's Signature:** _____

- I. Tell whether each of the following practices is Good or Bad for your body. Write your answer on the blank. The first one is done for you. (5 points)**

Good 1. Drink milk before going to bed.



_____ 2. Eat six times a day.



_____ 3. Exercise regularly.



_____ 4. Drink soda every after a meal.



_____ 5. Eat calcium rich foods like tofu.



_____ 6. Sleep at least 8 hours a day.



II. Muscular System. Read each sentence carefully. Identify the missing word. Drop down and choose the correct answer. (5 points)

1. Muscle came from Latin word _____.
2. _____ are body tissues that give shape or form to the body.
3. Muscles that move even without your brain ordering them to do so are called _____.
4. Muscles found in your heart are called _____.
5. The smallest muscle that is found in the ear is called _____.

III. Skeletal System. Label the parts of the bones. Write your correct answer in the box. Choose your answer in the box. (5 points)

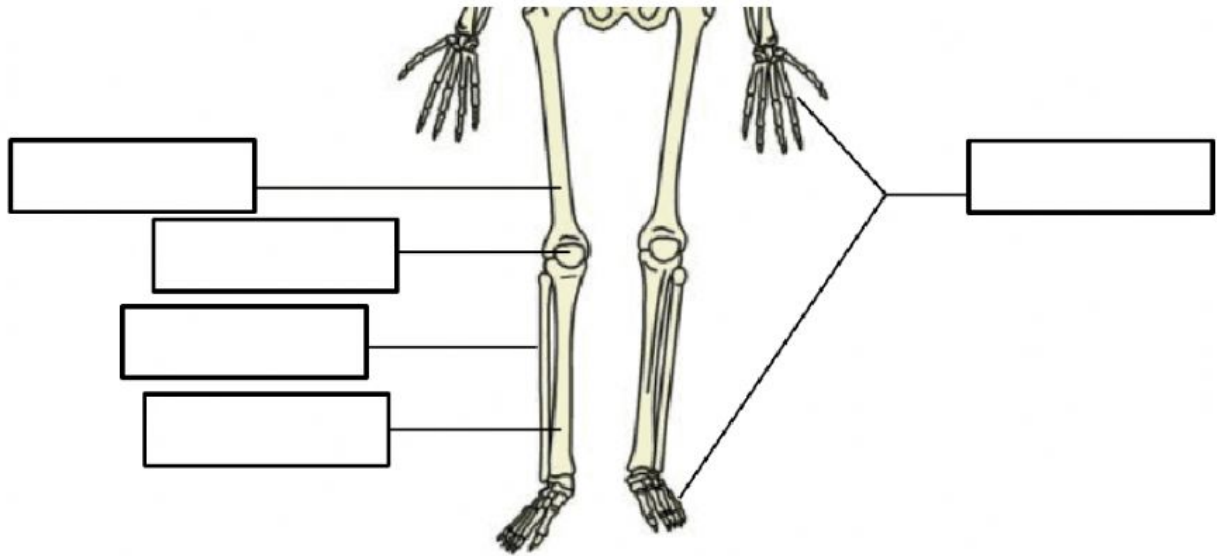
phalanges

fibula

patella

femur

tibia



IV. Memory Verse. Write Matthew 4:4 on the blank. (5 points)

_____ answered, "It is written: 'Man shall not live on _____ alone, but on every _____ that comes from the _____ of _____.'"

bread

God

word

mouth

Jesus