

INSPIRED TOTS EARLY LEARNING CENTRE SECOND TERM
EXAMINATION 2023/2024

Name _____ Date _____
Health Education. 1st Grade.

1. _____ help us to feel and enjoy the world around us.
a) Body. b) Head c) Sense organs. d) Hands
2. _____ means moving from one place to another.
a) sitting b) movement c) waiting d) sleeping
3. _____ is an exercise while moving fast on foot.
a) walking b) slow walk c) running d) waiting
4. Skipping is an example of _____ movement.
(a) manipulative skill (b) non locomotor (c) locomotor (d) rhythm
5. Which of the following parts of our body help us in movement?
a) bones b) skin c) muscles d) organs.
6. _____ means to move each foot in turn slowly.
a) running b) walking c) Hopping d) jogging
7. When is it good to exercise our body?
a) morning b) evening c) night d) afternoon.
8. Running is a form of _____
a) exercise b) jumping c) skipping d) catching.
9. Germs are _____
a) tiny particles (b) microorganism. (c) tiny insects
10. To keep my body clean I should take _____ every day.
a) my Bath b) My breakfast c) Sweep my surroundings (d) wash the dishes.
11. Laundry should be sorted according to:
a) colour b) size. c) Shapes d) Quantity
12. What should we not do inside the classroom?
(a) Do not jump on the benches and lockers. (b) Do not throw the duster.
(c) Do not fight with others. (d) All of these.
13. _____ skills are those skills used to move the body from one place to another.
(a) Locomotor (b) Non locomotor (c) Bad locomotor (d) manipulative skill
14. _____ is an example of locomotor movement.
(a) cooking (b) jumping (c) Writing (d) sleeping
15. _____ is an example of non. Locomotor movement.

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- (a) bending (b) dancing (c) jumping (d) skipping.
16. How should we enter our class after the assembly?
(a) on a queue. (b) push others. (c) Run. (d) None of these.
17. Which of the following statements is correct?
(a) we should not run in the park. (b) we should not run in the playground.
(c) We should not run inside the house. (d) All of these.
18. Which of the following statements is correct regarding the traffic rules?
(a) we should not listen to the traffic police.
(b) we should follow the traffic rules.
(c) We should fight with each other on the road.
(c) None of these.
19. What should we use while swimming?
(a) knives. (b) Blades (c) Swimming tubes (d). Balloons
20. Safety rules help to keep us _____
(a) safe. (b) unsafe (c) Healthy (d) Strong.
21. which of the following is safe for sharpening a pencil.
(a) knife. (b) scissors. (c) Razor. (d) Sharpener
22. All these are methods of laundering except one.
(a) collection. (b) transportation c) Sorting. (d) Folding.
23. Which of the following materials should we use to keep our body clean? (a) comb.
(b) towel. C. Table D. Ball
24. We use a nail clipper to clip our _____
(a) Hair (b) Teeth (c). Lips (d). Nails
25. We use _____ and water to clean our body.
(a) soap. (b) Toothpaste. (c) Oil d) Toothbrush
26. The parts of our body are also called _____
(a) skin. (b) muscles (c) Organs d) Tongue
27. It is advisable that we brush our teeth _____ a day.
(a) once a day. (b) twice a day. (c) Once a week. (d) None of the above.
28. Clothes are used to _____ and _____
(a) Beautify and keep the body warm. (b) To destroy and cause sickness.
(c) Prevent heat and disease
29. We should not touch or play with _____ with our bare hands?
(a) pencil. (b) Electric wires. (c) Pots (d) Shoes.
30. It is bad to leave clothes in the dryer. **True** **false**

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31. We should brush our teeth once a day. True false
32. While walking on the road it is good to use the footpath. True false
33. It is very important that we use and obey the traffic rules. True false
34. Praying mantises feed on other insects as a source of food. True False

Section B.

1. Mention (2) locomotor movement.

A _____

B _____

LAUNDRY

1. Join the words to the pictures:

Nouns

2. Label the pictures below using words from the box:

dry clean top wet
 front empty full dirty

Adjectives

1 _____ loading

2 _____ basket

3 _____ clothes

4 _____ clothes

5 _____ loading

6 _____ basket

7 _____ clothes

8 _____ clothes

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