

INSPIRED TOTS EARLY LEARNING CENTER  
PRE K SECOND TERM EXAMINATION 2024

**HEALTH HABITS**

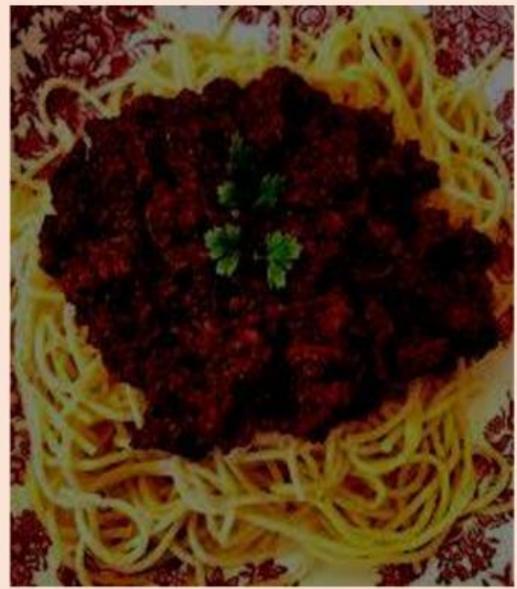
1. Food is anything we eat to make us\_\_ (a) Healthy and weak (b).  
Healthy and strong
2. Mention Three examples of food you know? \_\_\_\_\_, \_\_\_\_\_ &  
\_\_\_\_\_
3. What is your favorite food? \_\_\_\_\_
4. Why do we eat food? Mention two reasons.  
\_\_\_\_\_  
\_\_\_\_\_
5. Identify and name only the healthy foods.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

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6. Identify and name only the unhealthy foods



\_\_\_\_\_

\_\_\_\_\_

7. What kind of foods are these?



\_\_\_\_\_

8. Table manners is the right and acceptable behavior while eating at the table.

(a). True (b). False

9. Mention 3 good table manners \_\_\_\_\_,

\_\_\_\_\_.

10. Table manner teaches us to say "please "and "thank you ". (a). True

(b). False

11. Eating and playing is a bad table manner. (a). True (b). False

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12. Name the following dangerous objects/appliance used at home.



13. Dangerous objects are things that can cause injuries, illness and discomfort.

(a). Yes (b). No

14. Why are these objects/ appliances harmful?

\_\_\_\_\_

15. \_\_\_\_\_ means taking care of ourselves and our environment.

(a). Cleanliness, (b). Dirtiness

16. A clean child is a healthy child. (a). Yes (b). No.