INSPIRED TOTS EARLY LEARNING CENTER,JOS
3RD TERM EXAMINATION, 2023/2024

NAME:_____
DATE:_____

Health Education **2nd Grade**

Select the correct answer

1. When you answer the phone, you need to say your _____ and _____.

a. name, hello b. company, bye c. how, today

2. What is important about your voice when making a call?

a. tone b. volume c. all of the above

3. Who should end the phone call first?

a. the person who answered b. the person who called

c. it doesn't matter

4. What should you do while answering the phone?

a. Chew gum b. Listen to music c. You shouldn't have any distraction.

5. Always use a _____ while riding a bicycle.

a. bicycle b. zebra crossing c. helmet

6. We should cross the road with _____.

a. elders b. strangers c. younger ones

7. We should wear _____ when we are outdoors to protect our

LIVEWORKSHEETS

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eyes from sunlight.

a. sunglasses b. jacket c. raincoat

8. What is the main job of the outer ear?

a. Collect sound b. To vibrate c. To hear.

9. An _____ is a doctor who specializes in medicine only related to the ear.

a. Otologist b. Otalaryngologist c. Ophthalmologist
d. Entomologist

10. A _____ is a doctor who specializes in medicine related to the eye.

a. Optomologist b. Doctor c. otalaryngologist

11. I should floss my teeth _____ after I eat.

a. Anytime b. As soon as possible c. sometimes.

12. How many players are on a football team?

a. 11 b. 10 c. 9

13. What is the other name for the football sport?

a. Soccer b. Leg ball c. Baseball

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14. The object of tennis is to hit the ball over the _____.

a. net b. other player's head c. fence

15. Players in tennis are not allowed to touch the _____.

a. racket b. net c. ground

16. Swimming is a ___ sport that can be carried out in natural water, streams, rivers as well as in a swimming pool.

a. water b. team c. gas

17. Do not _____ into the pool with your head without first knowing the depth of the pool.

a. leg b. dive c. deposit

18. The swimmer should be able to ___ in water with confidence.

a. walk b. sleep c. float

19. Use proper ___ for swimming.

a. leg b. head c. dressing

20. Which one cannot improve your posture while standing?

a. Stand up straight and tall. b. Pull your stomach in.

c. Push your stomach out. d. Keep your head level.

21. Bad posture may damage our body _____.

a. wash b. blood c. organs d. hair

22. What are most cereals made of?

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a. Salt and butter b. rice and corn c. Sugar and chocolate

d. Cabbage and okra.

23. _____ help protect us from getting colds and diseases.

a. Protein b. egg c. Vitamins d. rice

24. Which food group builds muscles?

a. Protein foods b. Starch foods c. Fat d. Water

25. Which of these is a balanced meal?

a. eggs, toast, orange juice and milk.

b. Doughnuts and soda c. Cereal without milk

d. banana and a peach

26. I am tired. What are my muscles telling me?

a. To play b. To rest c. To eat d. To run

27. How much sleep do you need each night?

a. 6-8 hours b. 10-12 hours c. 12-13 hours d. 14-18 hours

28. To make your muscles strong, you must ___ everyday.

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a. sleep b. exercise c. talk d. laugh

29. When you work and play, your body changes the food you eat into ____.

a. liquid b. protein c. energy d. fat

30. Which of these is the best definition of exercise?

a. Going to the gym b. Lifting weights

c. Anything requiring physical effort d. Sitting on the couch

31. What part of your body will benefit from exercise?

a. Your bones b. your muscles c. Your heart

d. All of the above

32. How many cups of water should you drink in a day?

a. at least 4 b. at least 5 c. at least 6 d. at least 2

33. How many glasses of milk does your body need in a day?

a. 5 b. 7 c. 2 d. 4

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Write **Do** or **Don't** in the box.

1. Run after a moving vehicle.



2. Always fasten the seat belt.



3. Stick your head out of the window.



4. Wear a helmet while riding a bike.



5. Play in the street.



Answer true or false

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34. It is ok to skip breakfast on school days. _____

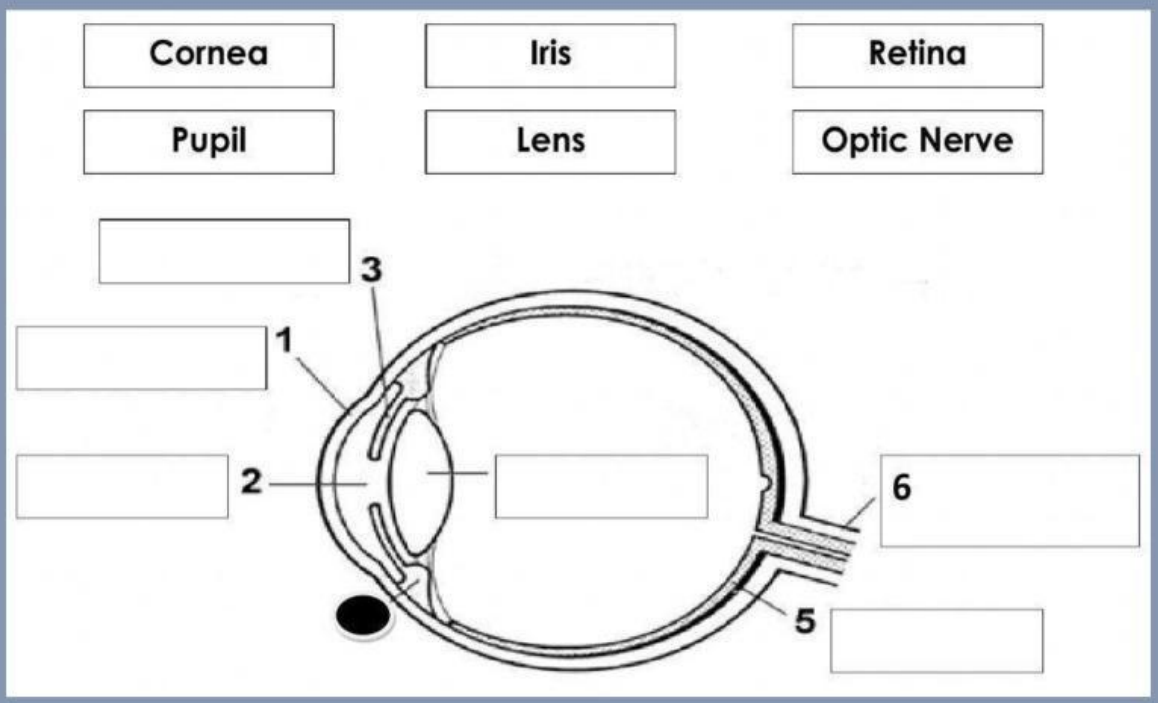
35. A healthy breakfast fuels up your body and gives you energy to start the day. _____

36. Eating breakfast can help you do well in school. _____

37. A donut and coffee is a healthy breakfast. _____

38. You should avoid sugary cereals or sugar foods for breakfast. _____

Label the parts of the eye by dragging and dropping the correct answers in the box.



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