

SUBJECT: HEALTH EDUCATION

1. _____ are drugs prescribed by a doctor to treat a specific health condition or alleviate pain.

- a) Stimulants b) Depressants c) Medicines d) Alcohol

2. Where should medicine be kept?

- a) Under the sink b) In the bathroom c) In the garden shed
d) Out of reach of children

3. Which addictive substance is found in tobacco?

- a) Cocaine b) Caffeine c) Nicotine d) Smoke

4. A condition in which a person can no longer control his or her drug use is called?

- a) Addiction b) Tolerance c) Withdrawal d) Dependence

5. Drugs can be taken into the body by all methods below except...

- a) Smoking b) Injecting c) Ingesting
d) Absorbing through hair

6. Tunde does not smoke but is exposed to the smoke from those who do. Tunde is a _____.

- a) passive smoker b) active smoker c) nonsmoker
d) alcoholic

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7. Athlete's foot is a _____.
- a) bacterial infection causing redness on the face.
 - b) fungal infection that affects the scalp.
 - c) skin disease that causes painful infection between the toes.
 - d) skin condition that causes itching on the arms.
8. The following are ways to prevent an athlete's foot EXCEPT one.
- a) Wash your feet daily
 - b) Share sweaty socks and shoes
 - c) Keep your feet clean and dry
 - d) Let your feet air out
9. What are the two nutrients your body needs for healthy skin, hair and nails?
- a) Fiber and carbohydrates
 - b) Vitamin C and Vitamin B
 - c) Zinc and Calcium
 - d) Protein and Vitamin A.
10. What is the hardened skin around the nail called?
- a) cuticle
 - b) follicle
 - c) nail plate
 - d) nail fold
11. When a cuticle cracks and gets rough, the rough edges can tear into the sensitive skin of the fingernail causing a condition known as _____.
- a) brittle nails
 - b) hangnail
 - c) rickets
 - d) long nail
12. What is the most harmful disease caused by overexposure to the sun?
- a) acne
 - b) alopecia
 - c) skin cancer
 - d) Vitiligo

INSPIRED TOTS EARLY LEARNING CENTRE

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13. What do we call a cream or lotion that screens out harmful ultraviolet rays?

- a) Oil b) Cleanser c) Moisturiser d) Sunscreen

14. What vitamin helps your body to resist and fight infection, and help wounds to heal properly?

- a) Vitamin C b) Calcium c) Vitamin B d) Vitamin A

15. What advantage does adequate rest have on your skin?

- a) Lowers your resistance to disease b) Damages skin cells
c) Helps reduce wrinkles
d) Makes the skin lose its healthy appearance

16. A doctor that takes care of the skin is called a _____.

- a) Gynaecologist b) Dermatologist c) Neurologist
d) Surgeon

17. When ultraviolet rays of the sun shine on your skin, what substance on your skin is changed to vitamin D?

- a) Calcium b) Blood c) Water d) Cholesterol

18. _____ is when the teeth grow irregularly causing the upper and lower teeth not to fit.

- a) Malnutrition b) Malocclusion c) Mismatch d) Mistake

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19. The _____ is the main breathing organ of the Respiratory system.

- a) lungs b) nose c) mouth d) wind pipe

20. Another name for the tiny air sacs which hold air when breathed into the lungs is

- a) Bronchi b) Alveoli c) Bronchioles d) Trachea

21. A disease caused by inhaling nicotine and other harmful substances in cigarettes is

- a) Bronchitis b) Lung cancer c) Asthma d) Respiratory infections

22. What minerals are bones made of?

- a) Calcium b) Zinc c) Vitamin C d) Vitamin D

23. What are the two bones which make up the lower arm?

- a) Femur and Humerus b) Radius and Ulna c) Humerus and radius
d) Femur and tibia

Complete the sentences below using the words from the box.

Heart sign sick symptom communicable
illness

24. Signs and symptoms show that a person is _____.

25. A headache is an example of a _____ as it is only noticed by the person who is sick.

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26. A fever is an example of a _____ as it can be noticed by someone else.
27. Diseases which can be passed from person to person are _____ diseases.
28. A person can have an _____ without being sick.
29. An example of a disease which cannot be spread from person to person is _____ disease.

Answer true or false.

30. Herbal medicine can be harmful if not used properly.
31. Alcohol contains nicotine that is addictive.
32. Drug addiction can be treated and overcome.
33. Some substances, although natural, might be illegal chemicals.
34. Joints are lubricated by the synovial fluid to allow the body to move comfortably without pain.

Drag and drop the words from the box to label the parts of the skin.

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epidermis	fine hairs	sweat gland	nerve endings
dermis	pores	oil ducts	

