

INSPIRED TOTS EARLY LEARNING CENTER
1ST GRADE THIRD TERM EXAMS 2023/2024 SESSION

NAME:

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 _____
tiny particles b) microorganism c) tiny insects
10. To keep my body clean, I should take _____ every day.
a) a bath b) my breakfast c) Sweep my surroundings d) wash the dishes
11. Laundry should be sorted according to:
a) color b) size c) Shapes d) Quantity
12. It is bad to leave clothes in the dryer. **True / False**
13. We should brush our teeth once a day. **True / False**
14. While walking on the road it is good to use the footpath. **True / False**
15. It is very important that we use and obey the traffic rules. **True / False**
16. Praying mantises feed on other insects as a source of food. **True / False**
17. 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.

INSPIRED TOTS EARLY LEARNING CENTER
1ST GRADE THIRD TERM EXAMS 2023/2024 SESSION

NAME: _____

18. _____ 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
19. _____ is an example of locomotor movement.
a) cooking b) jumping c) Writing d) sleeping
20. _____ is an example of non-Loomotor movement.
a) bending b) dancing c) jumping d) skipping
21. How should we enter our class after the assembly?
(a) in a queue (b) push others c) run d) None of these
22. 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.
23. 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.
(d) None of these.
24. What should we use while swimming?
(a) knives (b) Blades (c) Swimming tubes (d) Balloons
25. Safety rules help to keep us _____.
(a) safe (b) unsafe (c) Healthy (d) Strong
26. Which of the following is safe for sharpening a pencil?
(a) knife (b) scissors (c) razor (d) sharpener
27. All these are methods of laundering except one.
a) collection (b) transportation (c) Sorting (d) folding
28. Which of the following materials should we use to keep our body clean?
(a) comb (b) towel (c) table d) ball
29. We use a nail clipper to clip our _____.
(a) hair (b) teeth (c) lips (d) nails
30. We use _____ and water to clean our body.
(a) soap (b) toothpaste (c) oil (d) toothbrush
31. The parts of our body are also called _____.
(a) skin (b) muscles (c) Organs (d) tongue
32. 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
33. Putting on clean clothes helps protect my body from _____ and keeps me healthy.
(a) gems (b) sunlight (c) cold (d) heat
34. We use oil and comb to keep our _____ neat.
(a) feet (b) hair (c) hand (d) toes

INSPIRED TOTS EARLY LEARNING CENTER
1ST GRADE THIRD TERM EXAMS 2023/2024 SESSION

NAME: _____

35. Clothes are used to _____ and _____.
- a) beautify and keep the body warm.
 - b) to destroy and cause sickness
 - c) prevent heat and diseases
36. We should not touch or play with _____ with our bare hands.
- (a) pencil (b) electric wires (c) pots (d) shoes
37. Rearrange the following clothing into the various weather conditions.

SUMMER	WINTER	RAINY
		
		
		
		
		

NAME:

38. MATCH WITH LINES



BRUSH MY
TEETH

WASH MY
HANDS

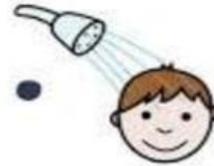
HAVE A
SHOWER

DRY MY
BODY

BRUSH MY
HAIR

DRINK
WATER

WASH MY
FACE



INSPIRED TOTS EARLY LEARNING CENTER
1ST GRADE THIRD TERM EXAMS 2023/2024 SESSION

NAME:

39. Look at the pictures and match the things we use for personal hygiene with correct body parts.

