INSPIRED TOTS EARLY LEARNING CENTER

FIRST TERM CONTINUOUS ASSESSMENT, 2024.

NAME:_____ **DATE:**_____

HEALTH EDUCATION **2ND GRADE**

1. 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

2. Bad posture may damage our body _____. a) wash b) blood c) organs d) hair

3. What are most cereals made of? a) Salt and butter b) Rice and corn c) Sugar and chocolate d) Cabbage and okra.

4. _____ help protect us from getting colds and diseases. a) Protein b) egg c) Vitamin d) rice

5. Which food group builds muscles? a) Protein foods b) Starch foods c) Fat d) Water.

6. 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

7. I am tired. What are my muscles telling me? a) To play b) To rest c) To eat d) To run

8. How much sleep does one need each night? a) 6-8 hours b) 10-12 hours c) 12-13 hours d) 14-18 hours

9. To make your muscles strong, you must ___ everyday. a) sleep b) exercise c) talk d) laugh

10. When you work and play, your body changes the food you eat into ___. a) liquid b) protein c) energy d) fat

11. 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

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12. What part of your body will benefit from exercise? a) Your bones b) Your muscles c) Your heart d) All of the above

13. 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

14. How many glasses of milk does your body need in a day? a) 5 b)7 c) 2 d) 4

✣ Write (A) on food which we get from animals and (P) on food which we get from plants

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