



INSPIRED TOTS EARLY LEARNING CENTRE

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Physical health Education FIRST TERM ASSESSMENT 2024/2025 SESSION

K4

NAME

1. Personal hygiene is a collection of habits that people perform to keep themselves clean and their body health. True False

2. Mention (4) parts of your body.

i. _____

ii. _____

iii. _____

iv. _____

3. The eyes is the organ for _____

(a) sight (b) hearing (c) walking.

4. The tongue is use for _____

(a) hearing (b) seeing (c) tasting

5. _____ is the part of our body we use for walking.

(a) head (b) legs (c) hands.

6. _____ is the part of our body we use for smelling.

(a) teeth (b) nose (c) eyes

7. We can take care of our body by _____

(a) Bathing (b) eating (c) working.

8. _____, _____ and _____ are materials used to take care of our body?

(a) soap, water and sponge (b) oil, sand and water (c) spoon, plate and cup

9. Washing our hands after using the restroom is part of ways we can care for our body. True false.



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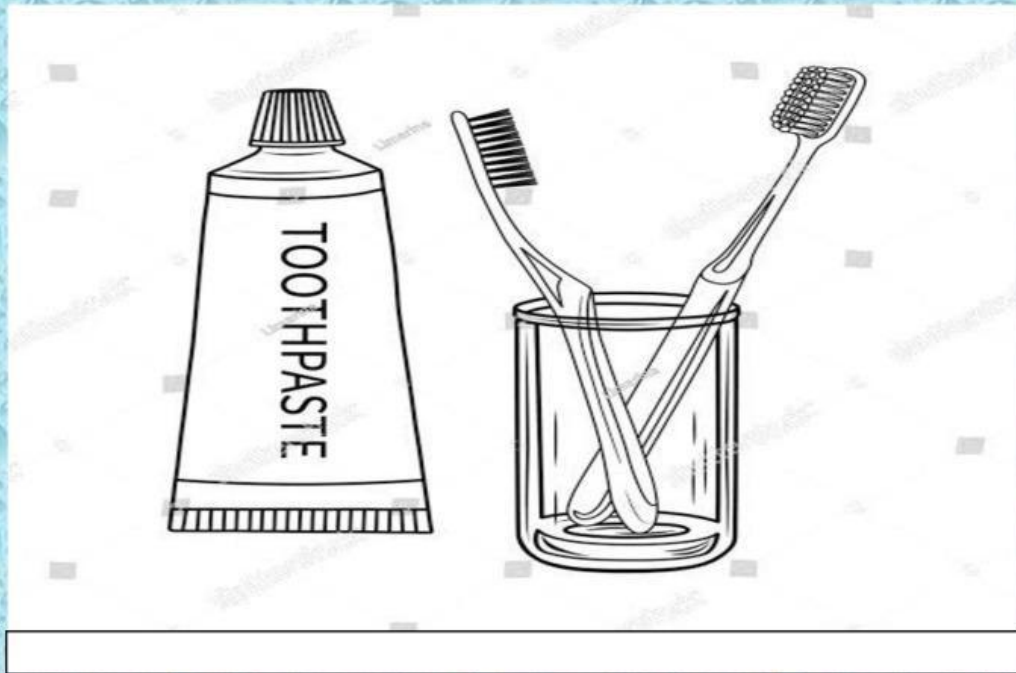
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10. Reading with bright light and eating carrot is part of ways we can care for the eyes. True false.

11. Identify the materials in the picture below.



12. Wearing of clean clothes is part of ways we can care for our body. True False

13. _____ is not a way of keeping our body clean.

(a) brushing (b) sleeping (c) washing

14. We should take our bath _____ daily.

(a) twice (b) trice (c) once.



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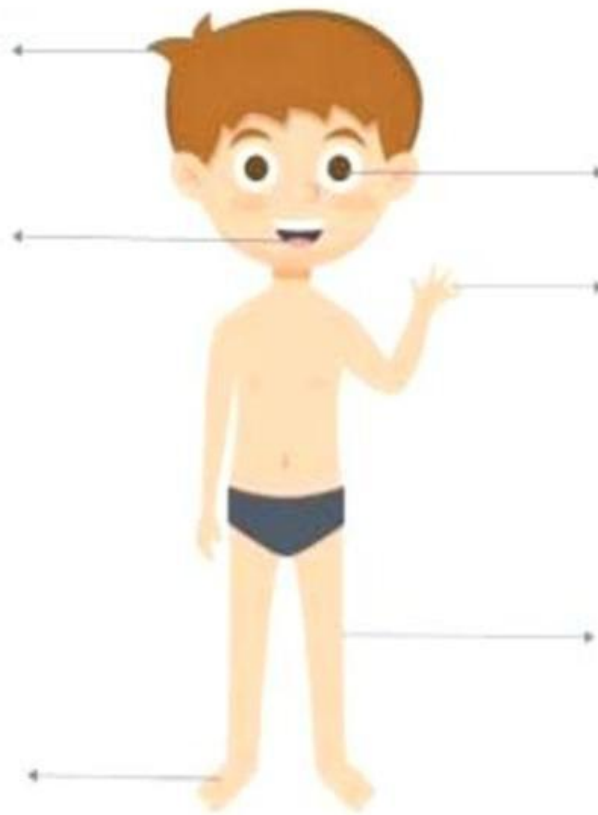
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Label the different parts of the body using the words in the box.

foot - finger - eye - legs - hairs - mouth



16. The teeth is use for _____

(a) chewing

(b) swallowing

(c) talking



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17. _____ and _____ are used to care for the teeth.

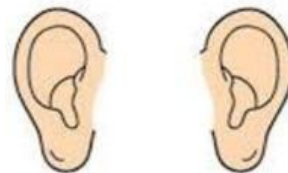
(a) toothbrush and toothpaste (b) oil and sand (c) soap and sponge

Match the pictures of my body parts to their names.

Mouth



Legs



Eyes



Ears



Hands

