

INSPIRED TOTS EARLY LEARNING CENTER
GRADE 1 FIRST TERM EXAMINATION

HEALTH EDUCATION

Click on the correct option.

- 1 Which of these is what you do without thinking? _____
(a) Motion (b) habit (c) jumping
- 2 Which of these is a good habit?
(a) Putting clothes on a hanger (b) sitting close to the television (c) eating without washing hands
- 3 Good habits are formed when you do _____ things over and over again.
(a) Wrong or bad (b) right or good (c) thinking.
- 4 One of these is a good habit.
(a) Keeping clean and neat (b) fighting (c) playing in class.
- 5 One of these is not true. I need good food to _____.
(a) breath (b) think (c) fight.
- 6 One of these is **not** an energy giving food.
(a) Yam (b) Rice (c) Beans.
- 7 One of these is a body building food.
(a) Milk (b) Potato (c) Cassava.
- 8 _____ helps you to grow and makes you strong.
(a) Dancing (b) Playing (c) Exercise
- 9 _____ helps my bones grow strong and hard.
(a) Cane (b) Book (c) Sunshine.
- 10 _____ is something I do without thinking.
(a) Growing (b) Sleeping (c) Habit.
- 11 Which of these is not a fun way of exercising?
(a) Kangaroo hop (b) duck waddle (c) sitting

Click on the correct answers True/ False

- 12 Chew your food well. ☐ ☐
- 13 Take small bites. ☐ ☐
- 14 Drink milk every day. ☐ ☐
- 15 Wash your hands before and after eating. ☐ ☐

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Think and fill

- 16 It is white. It can have a fruit in it. I eat it with spoon. What is it? ____
- 17 It is yellow and white. It has a shell. It can be cooked hard or soft. What is it?

- 18 Food can be grouped into _____. a) 10 b) 5 c) 8
- 19 Click on the food that is prepared with whole grain.

