

INSPIRED TOTS EARLY LEARNING CENTER
FIRST TERM EXAMINATION 2024/2025 SESSION

NAME: _____

Health Education

Grade4

1. There are about _____ muscles in the human body. (a) 400 (b) 500 (c) 600 (d) 300
2. The human muscles work by either contracting or _____ to cause movement.
3. There are basically _____ types of muscles. (a) 2 (b) 4 (c) 3 (d) 5
4. The muscle that is attached to the bones and makes movement easy is called _____ muscle
5. The cardiac muscle can be found around the _____ region.
6. The type of muscle found within the intestine region is called _____ muscles.
7. Muscles are sub-divided into two basic kinds. TRUE/FALSE
8. Voluntary and involuntary are the two kinds of _____.
9. Muscles that can be controlled at will are called _____ muscles.
10. Muscles that cannot be controlled at will are called _____ muscles.
11. The _____ is referred to as the frame work of the human body.
12. A place or juncture where two or more bones meet is called _____.
13. The human body consists of _____ bones.
14. The bones in the skeleton are attached by a rough fiber or cord called the ligament. TRUE/FALSE
15. The joints are classified into _____ categories. (a) 2 (b) 3 (c) 5 (d) 4
16. The human body is made up of _____ bones at birth.
17. The taking in and out of air from the body is referred to as _____.
18. We breathe in _____ and breathe out _____.
19. The heart as a vital organ of the body is protected by the _____.
20. The part of the body responsible for pumping blood around the body is called _____.
21. The nostrils are otherwise known as the _____.
22. _____ is a flat sheet of the skeletal muscle found between the chest and abdominal cavity? (a) the diaphragm (b) the muscle (c) the lungs (d) the rib cage
23. What prevents food and water from going into the lungs? _____
(a) the larynx (b) the diaphragm (c) the bronchi (d) the nasal cavity
24. _____ are illnesses caused by bacteria, fungi and viruses.
25. Communicable diseases can be transferred from one person to another. TRUE OR FALSE
26. Headache and malaria are examples of communicable diseases. TRUE OR FALSE
27. Infectious diseases can be prevented. TRUE OR FALSE
28. Taking in bad or polluted air is one major way of staying healthy. TRUE OR FALSE

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29. Maintaining a very good posture can give your lungs room to expand properly.

TRUE OR FALSE

30. Smoking and taking alcoholic substances are very harmful to the human body.

TRUE OR FALSE

31.

LABEL THE PARTS OF THE SKELETON BELOW

Skull fibula humerus rib femur tibia pelvis radius ulna

