



INSPIRED TOTS EARLY LEARNING CENTRE

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SECOND TERM ASSESSMENT 2024/2025 SESSION

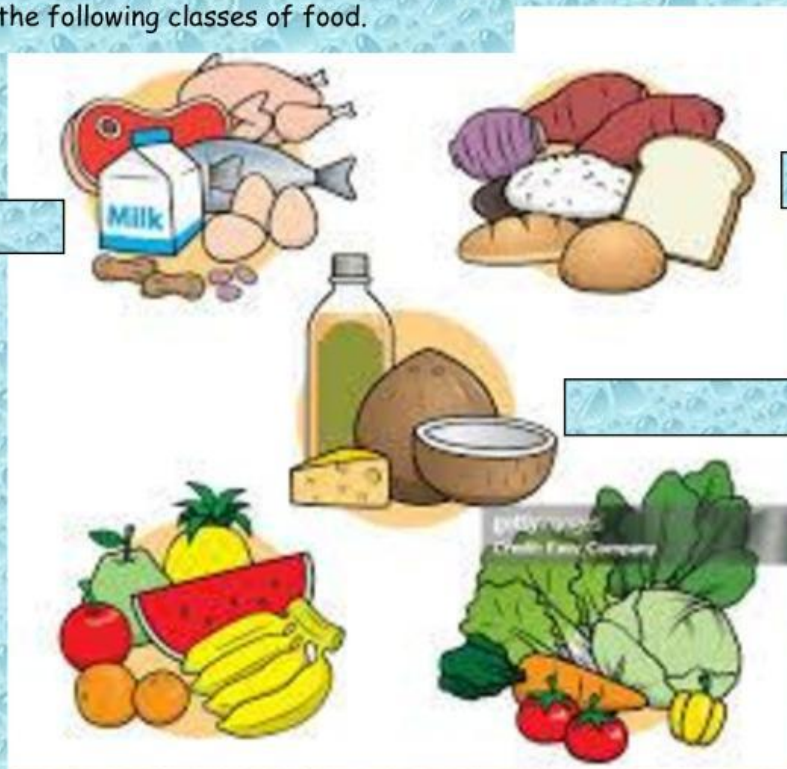
Class: K4

NAME

Physical Health Education.

1. A Balanced diet makes our body _____ to fight infections.
(a) strong (b) weak.
2. _____ is an example of carbohydrate food. (a) yam (b) meat
3. Egg is an example of protein. True/ False.
4. The following are examples of fruits except _____
(a) mango (b) pineapple (c) cocoyam
5. We eat good food to _____ (a) grow (b) sleep
6. The following are examples of food **except** _____.
(a) rice (b) yam (c) stone
7. Eating fruits makes us _____. (a) healthy (b) sick
8. _____ is a way of relaxing. (a) Rest (b) jogging
9. Rest is _____ for us. (a) bad (b) good.

10. identify the following classes of food.





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10. We can relax our body through the following ways except_____
- (a) sleeping (b) watching television (c) cooking.
11. We can recover our _____ by relaxing. (a) power (b) strength.
12. A Balanced diet is a food that has all that the body needs to _____
- (a) grow (b) walk
13. Foods that fights sickness and diseases in our body are;
- (a) Tomatoes, vegetables and carrots (b) sweet, juice, indomie and snacks.
14. _____ and _____ are proteinous food.
- (a) beans and egg (b) sweet and Juice.
15. How many classes of food do we have? (a) 6 (b) 10
16. Mention one (1) Carbohydrate food you know:
- I. _____
17. Amala is common among the _____ (a) Igbos (b) Yorubas
18. Select the unhealthy foods in the following pictures.

