INSPIRED TOTS EARLY LEARNING CENTRE
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SECOND TERM ASSESSMENT 2024/2025 SESSION

PRE K NAME _____

HEALTH HABITS

1. Food is anything we _____ to make our _____strong.

2. The following are types of food except.

(a) Stone (b) Fruit (c) Eggs

3. Match the food, base on their names.



Fruits



Meat



Vegetables

LIVEWORKSHEETS

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PRE K NAME _____

4. Food makes us _____.

5. Food makes us _____.

6. Food helps our body to fight _____.

7. Food makes us _____.

8. Balanced diet is a food that contains all the _____ the _____needs.

Look at the pictures carefully and match appropriately.

9.Carbohydrates

10. Protein

11. Fat and oil

12. Vitamins

13.Water

Look at the picture carefully and select only the healthy foods.



Jollof rice



Burger

LIVEWORKSHEETS