



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





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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**

