

INSPIRED TOTS EARLY LEARNING CENTER
PRE K SECOND TERM EXAMINATION 2024/2025

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 based on their names.

Fruits



Vegetables



Meat



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.

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Look at the pictures carefully and match appropriately.

9. Carbohydrates.



10. Fat and oil



11. Vitamins



12. Water



13. Protein

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Look at the pictures carefully and select only the healthy food.



Burger



Jollof rice

Look at the pictures carefully and say what the children are doing.

