INSPIRED TOTS EARLY LEARNING CENTER
THIRD TERM EXAMINATION 2024/2025

NAME: _____

Health Education

Select the correct answer

1. When you answer the phone, you need to say your _____ and _____
a name, hello b company, bye c how, today

2. It is courteous to give a pleasant greeting when you meet someone.
a. true b. false c. none of the above

3. Who should end the phone call first? a the person who answered
b the person who called c it doesn't matter

4. What should you do while answering the phone? a chew gum b
listen to music c you shouldn't have any distraction

5. Always use _____ while riding a bicycle. a bicycle b zebra
crossing c helmet

6. We should cross the road with _____. a elders b strangers c
younger one

7. What should you say if you have to walk in front of someone? a.
pardon me b. excuse me c. all of the above

8. Courtesy means being _____ to others a. rude b. kind c.
selfish

9. Saying "please and thank you" is an example of _____ a.
shouting b. politeness c. ignoring

10. Building good relationships with others need _____ a.
fighting b. courtesy c. shouting

LIVEWORKSHEETS

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11. If your friend is celebrating his birthday, what would you say? a. not bad b. not well c. congratulations

12. When a national flag is old and worn, it should be _____ a. thrown away b. burned c. none of the above

13. Which one cannot improve your posture while standing? a) Stand up straight and tall. b) Pull your stomach in c) Push your stomach out d) Keep your head level

14. Bad posture may damage our body _____. a) wash b) Blood c) Organs d) Hair

15. What are most cereals made of? a) Salt and butter b) rice and corn c) Sugar and chocolate d) Cabbage and okra.

16. _____ help protect us from getting colds and diseases. a) Protein b) egg c) Vitamin d) rice

17. Which food group builds muscles? a) Protein foods b) Starch foods c) Fat d) Water.

18. Which of these is a balanced meal? a) eggs, toast, orange juice and milk. b) Doughnuts and soda c) Cereal without milk d) banana and a peach

19. I am tired. What are my muscles telling me? a) to play b) to rest c) to eat d) to run

20. About how much sleep you need each night. a) 6-8 hours b) 10-12 hours c) 12-13 hours d) 14-18 hours

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21. To make your muscles strong you must ___ everyday. a) sleep b) exercise c) talk d) laugh

22. How many players are on a football team? a. 11 b. 10 c. 9 d. 22

23. What is the other name for the football sport? a. Soccer b. Leg ball c. Baseball d. Bootball

24. When a national flag is old and worn out, it should be _____.
a. Thrown away b. Burned c. Left like that d. Painted

25. Basketball is a _____ game. a. Tidy b. Team c. Tennis d. One man

26. Each team in basketball is made up of _____ players. a. Six b. Seven c. Five d. Four

28. _____ and _____ are skills in basketball. a. Bouncing and throwing b. Catching and kicking c. Rolling and picking d. Heading and chesting

29. _____ is a way to give the ball to a teammate in a basketball game. a. Catching b. Throwing c. Heading. D. passing

30. If there is no sidewalk, I should walk on _____ side of the street?
a. left b. right c. none

31. I should ride my bicycle on the _____ side of the street. a. left b. right c. opposite

32. I _____ let a friend ride on my bicycle with me. a. should b. should not c. none of the above

33. I _____ swim under a diving board. a. should b. should not c. always

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34. It is _____ to go swimming or boating during a thunderstorm. a. safe b. not safe c. always safe

35. It is _____ for drivers to see you when it is foggy, raining or snowing. a. harder b. easier c. safer

36. To reach for something high, I should use a _____ a. chair b. stepladder c. stool

37. I should _____ while carrying a pointed object. a. run b. walk c. crawl

Fill in the correct answer

38 list 2 places you can practice good manner. _____ and _____

39. Mention 2 instances or examples where you showed kindness to people.

I_____

ii_____

40.Complete the sentences using the words below

Backhand drive court forehand drive injuries serve racket

a. Tennis is played on a _____
b. The tennis player hits the ball with a _____
c. The three different shots in tennis are the _____, the_____ and the _____
d. Players should follow the rules of the game to avoid _____

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Fill in the blank with the correct answer.



1. Don't _____ your _____ and _____ out of the window.



2. _____ both _____ on your _____.



3. Wear a _____ when you _____ a bicycle.



4. Look both _____ before _____ the road.



5. _____ your _____ when you are sitting in the car.

stick crossing seatbelts fasten ways hand
handlebars put ride hands head helmet

LIVEWORKSHEETS