

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

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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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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