

HEALTH EDUCATION

1. We have nails on for these reasons except
 - a. To beautify the fingers and toes
 - b. To scratch the body when necessary
 - c. To hurt someone
2. Mention 4 tools for taking care of the nails.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
3. We keep clean short nails for the following reasons except
 - a. To appear neat and decent
 - b. To prevent germs and dirt
 - c. To chew on them.
4. Mention 2 dangers of keeping long nails.
 - a. _____
 - b. _____
5. _____ is anything we eat or drink to keep us healthy.
 - a. Food
 - b. Snack
 - c. Plants
6. What are the two major sources of food?
 - a. Plants and animals
 - b. Water and vitamins
 - c. Cheese and milk
7. Fruits and vegetables are gotten from _____.
8. Milk, meat and eggs are gotten from _____.
9. Mention 5 materials used for taking care of the hair.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
10. All except one are ways of taking care of our hair.
 - a. Oiling the hair
 - b. Washing the hair regularly
 - c. Combing or brushing the hair
 - d. Leaving the hair unkempt
11. The three types of hair infection includes: Lice, _____ and _____.
12. Mention 2 ways of taking care of our food.
 - a. _____
 - b. _____
13. Mention 3 ways of taking care of our clothes.
 - a. _____
 - b. _____
 - c. _____
14. Mention one reason why we eat food.
 - a. _____
15. We wash our clothes with dirty water.
 - a. True
 - b. False
16. _____ is the immediate treatment given to an injured person before the arrival of a doctor.
 - a. First aid

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b. Healing

c. Treatment

17. Mention 3 reasons why first aid is given.

a. _____

b. _____

c. _____

18. A good first aider must be: tactful, _____ and _____.

19. _____ is a container that holds medical supplies for giving immediate care in emergency situations.

a. First aid box

b. Lunch box

c. Briefcase

20. A first aid box is also called a _____.