INSPIRED TOTS EARLY LEARNING CENTRE
THIRD TERM EXAMINATION 2025

HEALTH EDUCATION 1ST GRADE

Choose the correct options

1. It is important to use good manners. Using good manners means that you show _____ to other people and their property.

a. Humour b. Sadness c. Respect d. Vandalism

2. If someone is speaking to you, what should you do?

Use eye contact to show you are listening b) Look out the window c) Check out the game on your tablet d) Talk over them while they are talking

3. When you go out to eat at a restaurant, what should you do while people at your table are being served?

a. Talk with your mouth full b) Go ahead and eat since you're hungry c) Wait until everyone has been served

4. HIV stands for human _____ virus.

a. Immunodeficiency b) intelligence c) iris d) inflammation

5. What cells does the HIV virus attack?

a. CD4 cells b) white blood cells b) red blood cells c) cell wall

6. Which of the following ways could you get HIV?

a. through breast milk if your mother has HIV b) someone with HIV coughing on you c) holding hands with someone who is HIV positive d) when someone slaps another

7. what is pollution? a) Away to conserve natural resources

b. Contamination of the environment c) A method used to produce clean energy d) The process of cleaning the environment

LIVEWORKSHEETS

7. Which of the following is a source of air pollution?

a. Paper bags b) Car exhaust c) Water from factories d) Soda cans

8. What can water pollution cause? a) Increase in air quality b) Cooler temperatures in the water c) Illness in both humans and animals d) Better health for marine life

9. What is an example of land pollution? a) Growing flowers in a garden b) Constructing a road c) Building a house d) Littering

10. Which of the following is a way to reduce pollution? a) Riding a bike instead of driving a car b) Using a lot of electricity at home c) Using a lot of plastic bags d) Buying disposable products

11. What is one thing that can happen when we dump plastic into the ocean? a) Marine animals can eat it and die b) Fish become easier to catch c) The colour of the water becomes more vibrant d) It can create new land for animals

12. What can happen when factories produce too much pollution? a. new jobs are created b. The air becomes fresher c. The air can become unhealthy to breathe d. Factories become more efficient

True (T) or False (F)

Tick the correct answers.

		T	F
13.	Wear clean pajamas.	☐	☐
14.	Go to bed early.	☐	☐
15.	Do not talk with food in your mouth.	☐	☐
16.	Remember to say thank you.	☐	☐
17.	Thank God for your food.	☐	☐
18.	Don't say thank you.	☐	☐

19. One of these is a good habit we exitbit in church. a) helping our parents to wash plates b. listening to the word of God c. do not run in the store d. Be quiet in a waiting room

LIVEWORKSHEETS

20. The ear drum is the _____ear. a) inner b) middle c) outer

Click on the correct option.

21. Which of these is what you do without thinking? _____ (a) Motion (b) habit (c) jumping

22. Which of these is a good habit? (a) Putting clothes on a hanger (b) sitting close to the television (c) eating without washing hands

23. Good habits are formed when you do _____ things over and over again. (a) Wrong or bad (b) right or good (c) thinking.

24. One of these is a good habit. (a) Keeping clean and neat (b) fighting (c) playing in class.

25. One of these is not true. I need good food to _____. (a) breath (b) think (c) fight.

26. One of these is not an energy giving food. (a) Yam (b) Rice (c) Beans.

27. One of these is a body building food. (a) Milk (b) Potato (c) Cassava.

28. _____ helps you to grow and makes you strong. (a) Dancing (b) Playing (c) Exercise

29. _____ helps my bones grow strong and hard. (a) Cane (b) Book (c) Sunshine.

30. _____ is something I do without thinking. (a) Growing (b) Sleeping (c) Habit.

31. Which of these is not a fun way of exercising? (a) Kangaroo hop (b) duck waddle (c) sitting Click on the correct answers True/ False

	T	F
32. Chew your food well.	☐	☐
33. Take small bites.	☐	☐

LIVEWORKSHEETS

34. Drink milk every day. ☐ ☐

35. Wash your hands before and after eating. ☐ ☐

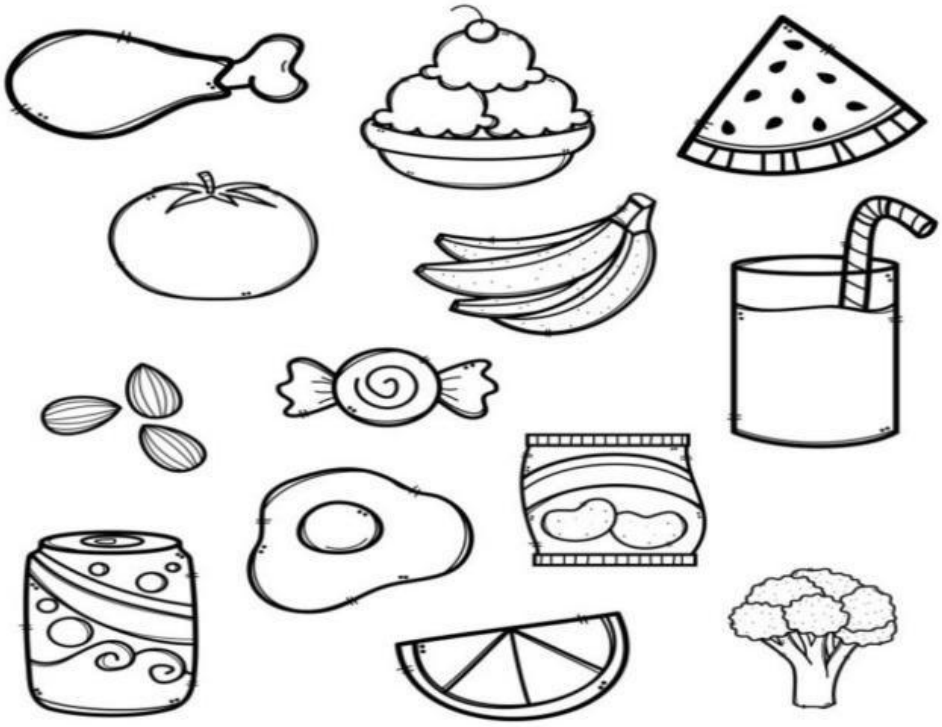
Think and fill

36. It is white. It can have a fruit in it. I eat it with spoon. What is it? _____

37. It is yellow and white. It has a shell. It can be cooked hard or soft. What is it? _____

38. Food can be grouped into _____. a) 10 b) 5 c) 8

Click on the animal sources of food



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