

INSPIRED TOTS EARLY LEARNING CENTER
K4 Third Term Examination 2024/2025 Session

Physical and Health Education

Complete the sentence

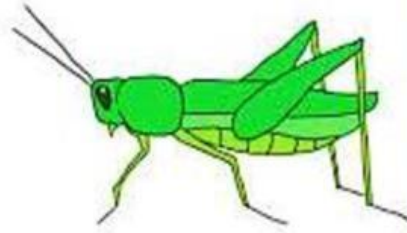
1. A balanced diet is food that has all the things the body needs to _____
2. Why do we need to give immediate attention to an accident victim? _____
(a) To save life (b) To make him/her cry
3. Where can accidents happen? _____
(a) Anywhere (b) At home only
4. Why do accidents happen? _____
(a) Due to the carelessness of people (b) Accident must happen
5. Identify the picture.



6. Germs are tiny things that make us sick. (a) True (b) False
7. Some germs are harmful to humans. (a) True (b) False
8. You can pick up germs from touching dirty surfaces. (a) True (b) False
9. Do all animals make the same sound? _____ (a) Yes (b) No
10. Rest is good for the body. (a) True (b) false
11. _____ is a way we can rest. (a) Sleeping (b) cooking
12. _____ is a way of relaxing. (a) Resting (b) Jogging
13. Eating a _____ prevents sickness. (a) Balanced diet (b) Eating dirty food.
14. There are good sounds and bad sounds. (a) True (b) False
15. _____ is an example of good sound. (a) Noise (b) Music
16. _____ is an example of bad sound. (a) Noise (b) Music

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17. Name the following insects using the words below.



Grasshopper

Butterfly

Bee

Lady bug

Dragonfly

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18. Click on the natural sounds only.



19. What is exercise? _____

- (a) The physical and mental activity we do to stay healthy
(b) The activities we do everyday

20. How often should we exercise? (a) Every month (b) Everyday

21. What is sickness?

- (a) When we feel happy and play outside
(b) When we don't feel strong and don't want to play.

22. How can we take care of our teeth?

- (a) By brushing them with toothpaste and toothbrush
(b) By eating lots of candy and ice cream

23. Symptoms of common cold are sneezing and headache. True False

24. Mosquito bites and eating contaminated food causes sickness. True False

25. Pests are harmful. True False

26. Where do children's rights start from?

- (a) Home (b) School

27. Should children be allowed and given the opportunity to do what they like?

True False

28. _____ is a place where people go to urinate and defecate.

- (a) Toilet (b) Bedroom

29. There _____ types of toilet. (a) 3 (b) 5

30. _____ is a modern toilet. (a) pit toilet (b) water closet

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31. Identify the following toilets facilities.

