INSPIRED TOTS EARLY LEARNING CENTRE
1ST TERM ASSESSMENT 2025

**HEALTH EDUCATION** **GRADE 1**

**Click on the correct option.**

1. Which of these is what you do without thinking? _____ (a) Motion (b) habit (c) jumping
2. Which of these is a good habit? (a) Putting clothes on a hanger (b) sitting close to the television (c) eating without washing hands
3. Good habits are formed when you do _____ things over and over again. (a) Wrong or bad (b) right or good (c) thinking.
4. One of these is a good habit. (a) Keeping clean and neat (b) fighting (c) playing in class.
5. One of these is not true. I need good food to _____. (a) breath (b) think (c) fight.
6. One of these is not energy giving food. (a) Yam (b) Rice (c) Beans.
7. Two of these are body building foods.

8. _____ helps you to grow and makes you strong. (a) Dancing (b) Playing (c) Exercise
9. _____ helps my bones grow strong and hard. (a) Cane (b) Book (c) Sunshine.
10. _____ is something I do without thinking. (a) Growing (b) Sleeping (c) Habit.
11. 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
12. Chew your food well.

LIVEWORKSHEETS

13. Take small bites.
14. 14 Drink milk every day.

Wash your hands before and after eating.

LIVEWORKSHEETS