INSPIRED TOTS EARLY LEARNING CENTER
PRE K SECOND TERM TEST 2025/2026 SESSION

HEALTH HABITS

1. Food is anything we _____ to make our _____strong.

2. The following are types of food except,

(a) Stone (b) Fruit (c) Eggs

3. Match the food based on their names.

Fruits



Vegetables



Meat



4. Food makes us _____.
5. Food makes us _____.
6. Food helps our body to fight _____.
7. Food makes us _____.
8. Balanced diet is a food that contains all the _____ the _____needs.

LIVEWORKSHEETS

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Look at the pictures carefully and match appropriately.

9.Fat and oil



10. Protein



LIVEWORKSHEETS