

INSPIRED TOTS EARLY LEARNING CENTER
PRE-K SECOND TERM EXAMINATION 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. Mention one of your favorite foods _____.
8. A balanced diet is a food that contains all the _____ the _____ needs.

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Look at the pictures carefully and match appropriately.

9. Carbohydrates.



10. Protein



11. Fat and oil



12. Vitamins



13. Water



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Look at the pictures carefully and select only the healthy food.



Jollof rice



Burger

Look at the pictures carefully and say what the children are doing.

Keeping clean



taking a bath



combing hair



brushing teeth



trimming nails



washing face



wearing clean clothes



eating healthy food