

INSPIRED TOTS EARLY LEARNING CENTER
K4 SECOND TERM EXAMS 2025/2026 SESSION

Physical and Health Education

Complete the sentence

1. A balanced diet is a food that has all the things the body needs to _____
2. Mention two examples of food that fight sickness and repair the worn-out tissues in our body. _____ and _____
3. It gives us energy and makes us strong _____
4. The six classes of food are carbohydrates, protein, fat and oil, water, minerals and _____

Write TRUE OR FALSE

5. Rest is a way of relaxing our body when we are free from work, play or any activity. _____
6. Reading and quiet play are good ways to rest _____.
7. Mention any two duties of an i. _____ is what we hear around us? (a) noise (b) sound (c) thunder
8. _____ is an example of good sound. (a) noise (b) music (c) cry
9. _____ is not a source of sound? (a) human being (b) drum (c) book
10. Tab the object that produces sound.

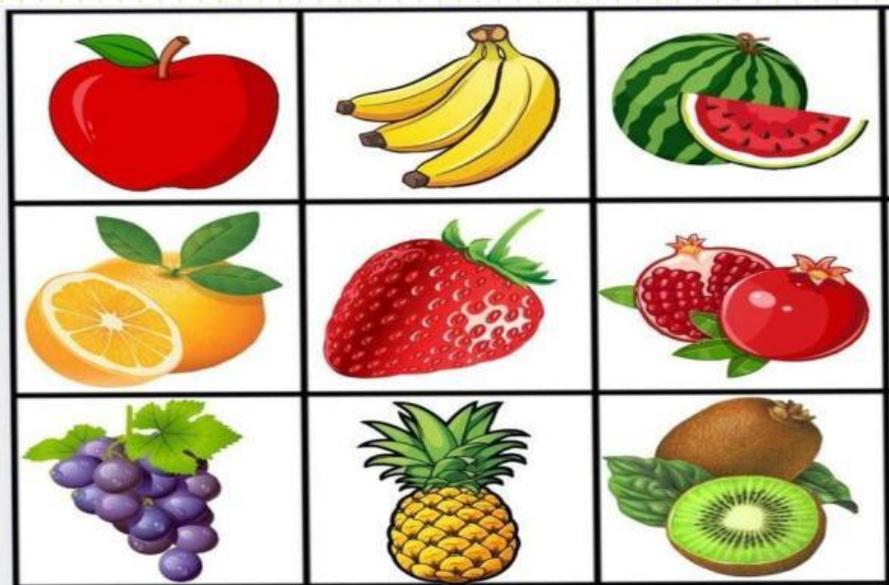


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11. _____ is the first treatment given to an injured person.
_____?
12. Mention (2) items found in the first Aid box.
13. Identify the picture below. _____



14. Name the following fruits below



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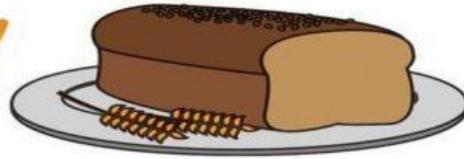
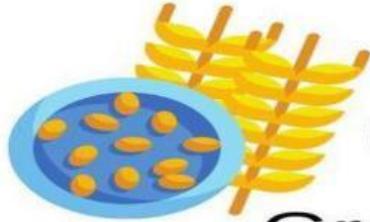
15. Identify the following classes of foods.



Fruits



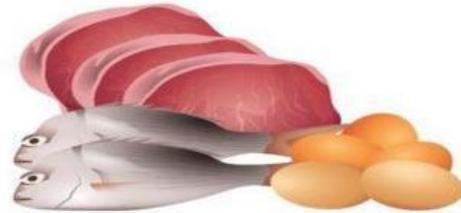
Vegetables



Grains



Dairy



Protein

