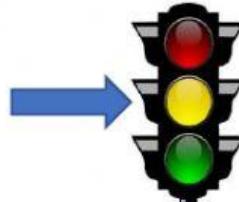


Multiple Choice: Choose the correct answer

1. Which of the following is not found in the pulp cavity? \_\_\_\_\_
  - a. Lymph vessels
  - b. Nerves
  - c. Enamel
  - d. Blood vessels
  
2. Which of the following contains vitamins and minerals that protect our body from diseases? \_\_\_\_\_
  - a. Kiwi
  - b. Onions
  - c. Milk
  - d. Rice
  
3. Define the Red pedestrian signal.  
\_\_\_\_\_
  - a. Means all vehicles must stop
  - b. You can go
  - c. Vehicles must prepare to stop
  - d. Do not cross the road
  
4. In nutrition flag, Give the reason why rice and starch group are in the 1st layer? \_\_\_\_\_
  - a. Food in this layer should be eaten second most, so we will get vitamin, mineral and fibers.
  - b. Food in this layer should be eaten in appropriate amount so that we will get the good protein, iron and calcium
  - c. Food in this layer should be eaten most because it gives ENERGY
  - d. Food in this layer should be eaten in just small amount.
  
5. Which is not in the emergency kit?  
\_\_\_\_\_
  - a. Food and drinks
  - b. Clothes
  - c. Tool kit
  - d. First aid kit

6. Nutrients that can be taken from rice, potatoes and starch? \_\_\_\_\_
  - a. Protein
  - b. Carbohydrates
  - c. Vitamin and minerals
  - d. Calcium
  
7. It is a guide to eat variety of food in appropriate amounts? \_\_\_\_\_
  - a. Five food groups
  - b. Essential nutrients
  - c. Vegetables and food groups
  - d. Nutrition flag
  
8. Define the yellow traffic signal. \_\_\_\_\_
 
  
9. In nutrition flag, what food is to be eaten less? \_\_\_\_\_
  - a. Rice and starch group
  - b. Vegetables and fruits group
  - c. Milk and meat group
  - d. Oil, sugar and salt group
  
10. Identify the food that contains vitamins and minerals that promotes good health. \_\_\_\_\_
  - a. Butter
  - b. Oranges
  - c. Nuts
  - d. Meat
  
11. Two ridges in crown, one or two roots and helps in crushing the food.  
\_\_\_\_\_
  - a. Incisor
  - b. Canine
  - c. Premolar
  - d. Molar

12. In the 3 Principles of First Aid - It means to maintain the safety and well-being of all those involved in the emergency? \_\_\_\_\_

- a. Preserve life
- b. Prevent Deterioration
- c. Promote Recovery
- d. Protect life

13. It is unplanned occurrence which may involve injury? \_\_\_\_\_

- a. Injury
- b. Bruises and swollen wounds
- c. Accident
- d. First aid

14. Complete the sentence:

"Every time we smile, frown, talk, or eat, we use our \_\_\_\_\_ and \_\_\_\_\_. " \_\_\_\_\_

- a. Teeth and tongue
- b. Mouth and voice
- c. Teeth and gums
- d. Mouth and teeth

15. Pointed crown, single root and helps in holding and tearing. \_\_\_\_\_

- a. Incisor
- b. Canine
- c. Premolar
- d. Molar

16. Identify the picture. \_\_\_\_\_



- a. Enamel
- b. Dentine
- c. Pulp
- d. Root

17. Complete the meaning of R-I-C-E

**Rest - Ice - \_\_\_\_\_ - Elevate**

- a. Complete
- b. Compound
- c. Compose
- d. Compress

18. Which part of our body is very essential for speech? \_\_\_\_\_

- a. Brain
- b. Head
- c. Mouth
- d. Teeth

19. It is called as "Training for Life". \_\_\_\_\_

- a. Emergency kit
- b. First aid kit
- c. Ambulance
- d. First aid

20. What is the hardest material in our body? \_\_\_\_\_

- a. Enamel
- b. Root
- c. Pulp
- d. Dentine

21. Proper amount of rice we should take per day? \_\_\_\_\_

- a. 3-5 parts per day
- b. 6-12 spoons per day
- c. 4 ladles per day
- d. 8-12 ladles per day

22. Flat crown, single root and helps in cutting and biting. \_\_\_\_\_

- a. Incisor
- b. Canine
- c. Premolar
- d. Molar

23. Identify the picture shown below.



- a. Enamel
- b. Dentine
- c. Pulp
- d. Root

24. A part of teeth that fixes teeth to the socket of jaw bone is cement. \_\_\_\_\_

- a. Enamel
- b. Dentine
- c. Pulp
- d. Root

25. Which is not belong to the main role of our teeth? \_\_\_\_\_

- a. Chew
- b. Cut
- c. Grind
- d. Flat

Enumeration: Give your answer to the space provided.

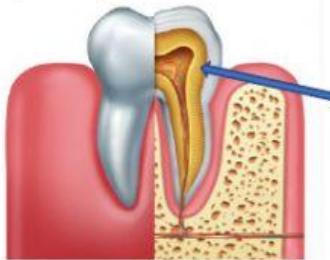
1. In five groups of food, what contains the food group 2?

a. \_\_\_\_\_  
\_\_\_\_\_

2. What does it mean a green light with picture of a person?

a. \_\_\_\_\_  
\_\_\_\_\_

3. Identify the picture shown below



a. \_\_\_\_\_

4. Name the following

a. \_\_\_\_\_



b. \_\_\_\_\_



c. \_\_\_\_\_



d. \_\_\_\_\_



5. Benefits of food group that provide protein

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

6. Benefits of food group that provides vitamins and minerals that promote good health.

a. \_\_\_\_\_  
\_\_\_\_\_

b. \_\_\_\_\_  
\_\_\_\_\_

7. An injury that are under the skin and the sore area is swollen and purple.

a. \_\_\_\_\_

8. It is advised to change our toothbrush often. When do we need to change our toothbrush?

a. \_\_\_\_\_  
b. \_\_\_\_\_

9. In the Nutrition Flag, this food group should be eaten 2nd most?

a. \_\_\_\_\_

10. According to the 2nd food group of the nutrition flag, what is the proper amount of fruit should we eat per day?

a. \_\_\_\_\_

11. It is an injury on skin and it is an open wound. There is bleeding or seeping of blood from the sore area.

a. \_\_\_\_\_

12. It is a narrow injury and deeper wound than a scratch.

a. \_\_\_\_\_

13. What carbohydrates are capable to provide to our body?

a. \_\_\_\_\_

14. Objectives of brushing teeth properly

a. \_\_\_\_\_  
b. \_\_\_\_\_

15. Nutrient that can be taken from meats, milk, eggs and nuts

a. \_\_\_\_\_