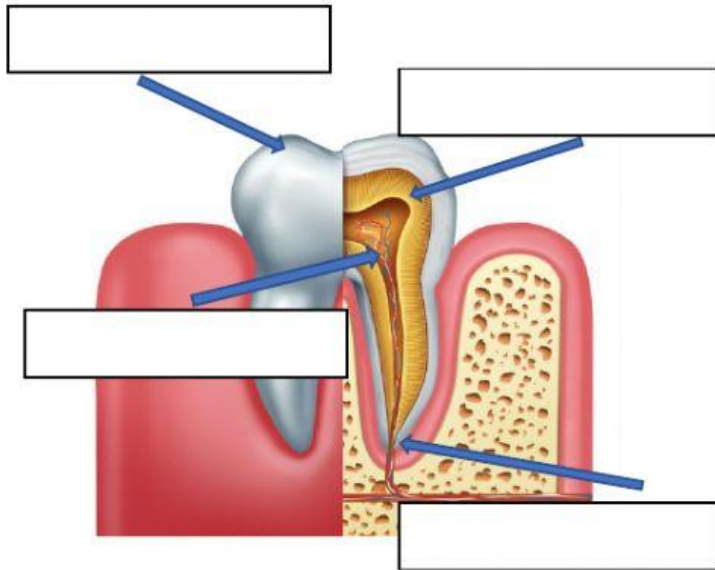


Write down your answer on the space provided



Identify the following foods from the five food groups. Write **"PRO"** for Protein, **"CAR"** for Carbohydrates, **"VEG"** for Vegetables, **"FRU"** for Fruits and **"FAT"** for Fatty foods.

- _____ 1. Butter
- _____ 2. Banana
- _____ 3. Onion
- _____ 4. Kale
- _____ 5. Oats
- _____ 6. Salmon
- _____ 7. Pineapple
- _____ 8. Chicken
- _____ 9. Taro
- _____ 10. Cereals
- _____ 11. Eggs
- _____ 12. Beef
- _____ 13. Rice
- _____ 14. Celery
- _____ 15. Olives
- _____ 16. Coconut
- _____ 17. Eggplant
- _____ 18. Grapes

- _____ 19. Cucumber
- _____ 20. Milk
- _____ 21. Starch
- _____ 22. Sesame
- _____ 23. Tomatoes
- _____ 24. Nuts
- _____ 25. Broccoli

Ways to be safe from accident.

True or False: Write **"TRUE"** if the statement is correct and **"FALSE"** if the statement is not correct.

- _____ 1. Hold the rail while walking up and down the stairs.
- _____ 2. Pull power plugs out after using the equipment.
- _____ 3. Play inappropriately with friends at school.
- _____ 4. Use a damaged laboratory instrument at school.
- _____ 5. Always cross the street at zebra crossings or overpass walkways.
- _____ 6. When the yellow light is on, quickly cross the street.
- _____ 7. If the bus is too crowded, wait for the next one.
- _____ 8. Ride a bicycle on the right of the street.
- _____ 9. Do not quickly jump to a boat when it is departing, but wait for the next one.
- _____ 10. Wait for the electric train in front the yellow line or arrow.

Types of injury

Identify the type of injury from the following situation. Write "**bruise**" "**scratch**" "**cut**" and "**nosebleed**" to show the correct type of injury.

- _____ 1. Being hit by a friend in a nose.
- _____ 2. Falling from a slide with the knees hitting the ground and being scratched.
- _____ 3. Being cut by a knife.
- _____ 4. Being hit by friends.
- _____ 5. Falling from playing catch and run game.
- _____ 6. Being cut by a sharp-edged toy.
- _____ 7. Falling down from stairs.
- _____ 8. Bumping your head with friends.
- _____ 9. Being hit by a ball in a face.
- _____ 10. Using a ruler as a sword fencing with friends.

Write the following under their food group.

Sesame	Apple	Rice	Milk
Starch	Sugar	Coconuts	Carrot
Cabbage	Meats	Butter	Onions
Eggs	Taro	Kiwi	Palm oil
Banana	Pumpkin	Potatoes	Nuts

- Group 1 Protein
 - _____
 - _____
 - _____
 - _____
- Group 2 Carbohydrates
 - _____
 - _____
 - _____
 - _____
 - _____
- Group 3 Vitamins and minerals (Protect from diseases)
 - _____
 - _____
 - _____
 - _____
- Group 4 Vitamins and minerals (Promote good health)
 - _____
 - _____
 - _____
- Group 5 Fats
 - _____
 - _____
 - _____
 - _____

Fill in the blanks.

