

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.



- a. Means all vehicles must stop
- b. You can go
- c. Vehicles must prepare to stop
- d. All vehicles can go

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** - \_\_\_ - **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. \_\_\_\_\_

\_\_\_\_\_

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. \_\_\_\_\_

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

14. Objectives of brushing teeth properly

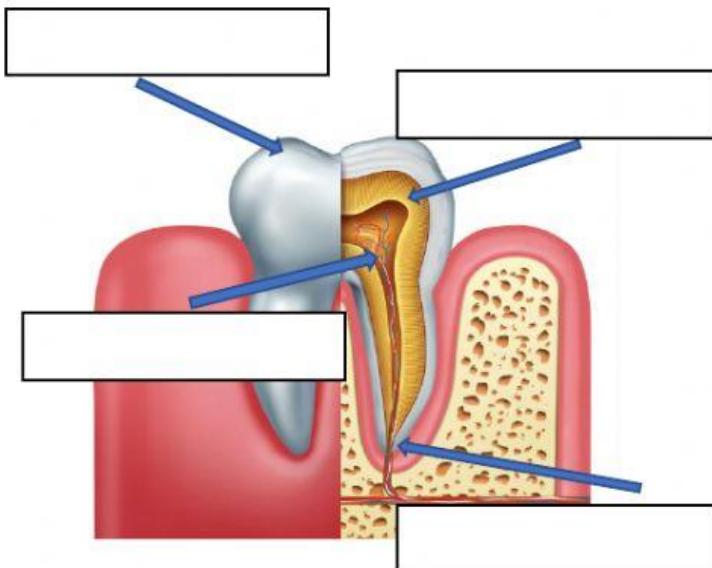
a. \_\_\_\_\_

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

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

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

**Part 2** - 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.

