

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** - **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. _____

b. _____

14. Objectives of brushing teeth properly

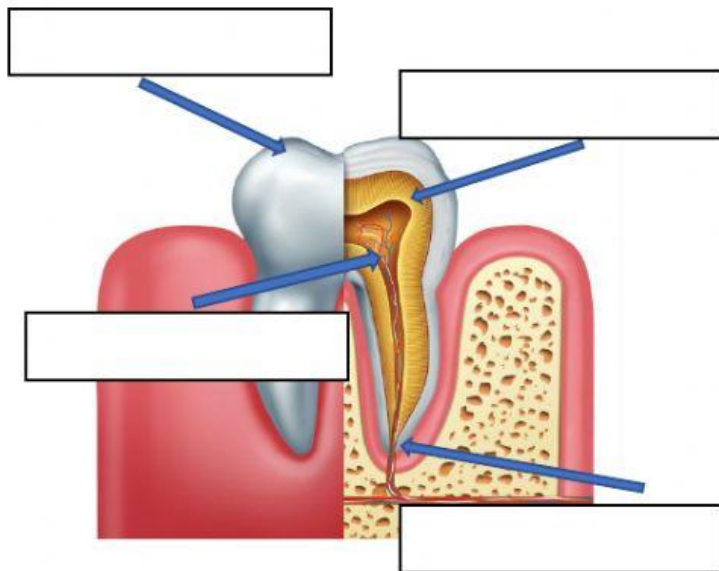
a. _____

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.

