

GRACE Christian School Inc  
MAPEH III EXAMINATION  
Month of April

Name: \_\_\_\_\_ Score: \_\_\_\_\_

I – Choose a check (✓) on the line if the sentence tells about a way of preventing a disease. Put a cross (X) if it does not.

- \_\_\_\_\_ 1. Keep your surroundings clean and dispose of garbage properly.
- \_\_\_\_\_ 2. Brush your teeth when you feel like it.
- \_\_\_\_\_ 3. Mix biodegradable and non-biodegradable materials.
- \_\_\_\_\_ 4. Have a regular dental check-up.
- \_\_\_\_\_ 5. Avoid littering in public places.
- \_\_\_\_\_ 6. Eat candies and chocolates even if you have sore throat.
- \_\_\_\_\_ 7. Sleep for at least 8 hours a day.
- \_\_\_\_\_ 8. Eat a balanced diet meal composed of go, grow, and glow.
- \_\_\_\_\_ 9. Regular exercises improve your ability to perform daily activities.
- \_\_\_\_\_ 10. Change your clothes every other day.

II – Tell what you should do in each situation.

1. Your classmates throw garbage on the playing area.

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2. You smelled that your classmate has a body odor as she passed in front of you.

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3. You have been suffering from high fever for the past three days.

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4. Most of your neighbors throw their trash into the river.

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5. Your tooth aches most of the time.

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