



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

CLASS: YEAR 4 TANZANITE

INSTRUCTION: Write the alphabet with the correct option in the boxes provided

### **Social Studies Worksheet on Physical Development and personal Hygiene**

1. Physical Development is divided into \_\_\_\_\_ and \_\_\_\_\_
  - A. Health and wealth
  - B. Growth and development
  - C. Minor and major
  - D. Rest and sleep
2. All these can be attributed to physical growth except
  - A. Increase in height
  - B. Increase in weight
  - C. Increase in wisdom
  - D. Increase in size
3. Development is me gaining control over what happens to me physically  
(True/ False)
4. Which of these best describes malnourishment?
  - A. Not having good rest
  - B. Not exercising well
  - C. Not taking drugs correctly
  - D. Not eating good and healthy food
5. The following could affect the growth and development of a child except
  - A. Mode of dressing
  - B. malnourishment
  - C. illness
  - D. hereditary conditions
6. Pick the odd one out
  - A. Feeling of excitement

- B. Feeling of fear
- C. Increase in height
- D. Self-awareness

7. Pick the odd one out

- A. Voice deepens
- B. Nocturnal emission occurs
- C. Increased shoulders
- D. Broader hips

8. Pick out the odd one out

- A. Increase in height
- B. Mood swings
- C. Increased hair growth
- D. Changes in voice

9. Pick the odd one out

- A. Ovaries produce egg cells
- B. Menstruation occurs
- C. Hips grow broader
- D. Testes produce sperm cells

10. Who experiences puberty?

- A. Only girls
- B. Only boys
- C. Boys and girls
- D. No one