



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