ADUVIE INTERNATIONAL SCHOOL, 08089394474

Year 1 Ruby _____ Subject: PHE

Section A Instruction: Tick the correct answer

1. _____is the outer covering of the body?

Mouth Skin Teeth

2. _____soap should be used to wash the body to prevent germs and bacteria.

Hard Big Mild

3. Moisturizer is applied to the body to keep the skin _____

Hard Soft Clean

4. When we drink lots of water, we are also taking care of our skin

True False

5. We take care of our teeth to avoid

Cavity Sweet Malaria

6. Eating _____ and _____ helps nourish the skin.

Food and water

Snacks and vegetables

Fruits and vegetables

7. _____will remain on our teeth if not properly brushed.

Bacteria Food Hair

8. When I have a rash I should avoid _____.

Taking care of it Putting moisturizer on it Scratching it

9. The _____in our tooth are referred to as cavity

Lines Holes Germs

10. We should take care of the skin because _____

It covers the teeth

It is dangerous

It covers the body

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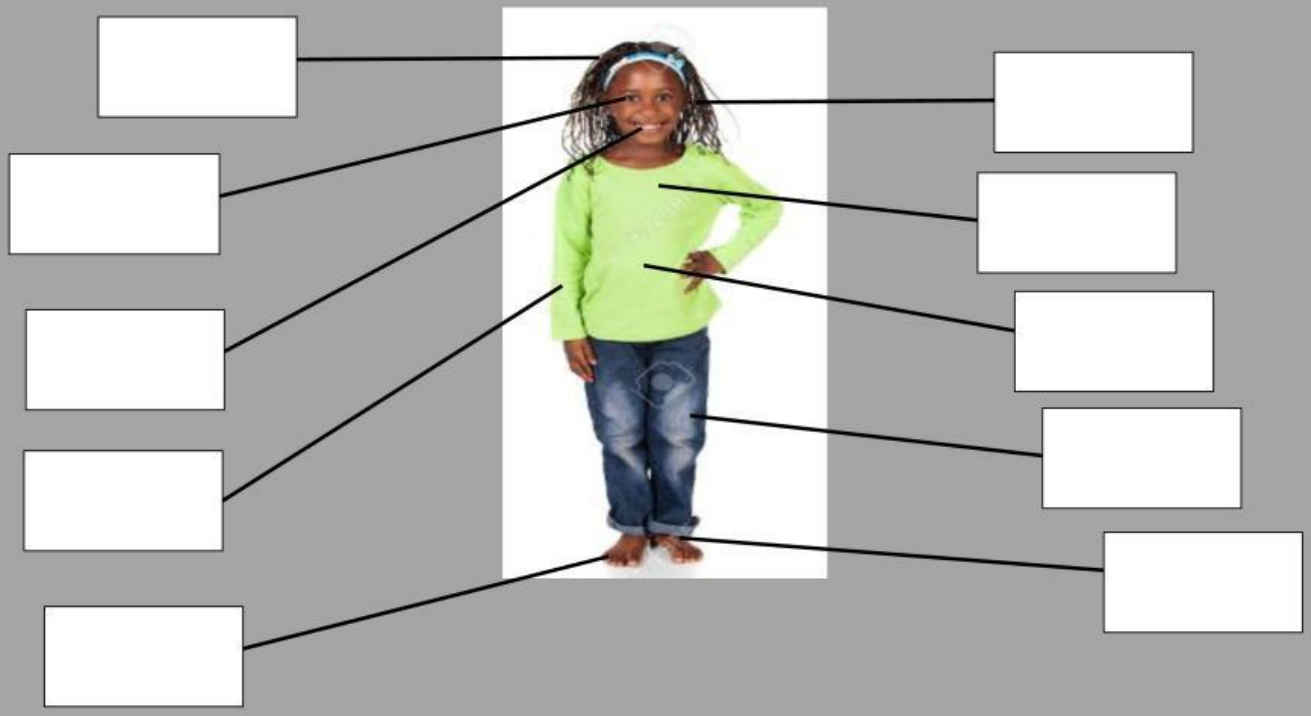
Section B: Fill in the boxes with the correct part of the body.



Section c: Sleeping is a very important part of a child's life. Tick yes or no to make these statement correct.

1. We cannot sleep well in a quiet and clean room. Yes No
2. We cannot sleep well when we are hungry. Yes No
3. When we eat heavy meal, we sleep better. Yes No
4. If you are sad or worried, you cannot sleep well. Yes No
5. We cannot sleep well in a bench or chair. Yes No

LIVEWORKSHEETS