



**PENIEL INTEGRATED CHRISTIAN ACADEMY OF RIZAL,
INC.**

"If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him." James 1:5 KJV

SECOND QUARTER EXAMINATION

NAME:	DATE:
SUBJECT: HELE LEVEL:4	SCORE: /

I. Read each item carefully. Encircle the letter of the correct answer. One point for each number. (1-25) 1.

What do you call the act of taking care of your body through proper cleanliness and self-care? It is also referred to as personal hygiene.

a. cleanliness c. personal grooming

b. grooming d. self-care

2. The following are some characteristics of a well-groomed person, except one.

a. clean clothes c. dull and dark hair

b. clean face, hands, feet, and body d. good posture

3. Which of the following statements is true about taking care of the eyes?

a. avoids exposing your eyes directly to light c. rubs your eyes with your hands while working b.

read a book while in a moving vehicle d. read in a gloomy room

4. What do you call the hair problem which results in the reproduction of excessive oil in the hair?

a. dandruff c. oily hair

b. dry hair d. split ends

5. The following are the remedy for split ends, except one.

a. brush hair every day c. dab hair ends with warm oil before shampooing b. buys a quality lice

treatment d. trim the ends of the hair

6. What do you call the foods that supply the body heat and energy needed for play and other activities every day? This food group contains food rich in carbohydrates and fats.

a. glow foods c. grow foods

b. go foods d. gow foods

7. These foods are also known as Body-Building foods. These foods are rich in protein, some examples of these are pork, beef, milk, and cheese. What do you call this group of foods?

a. glow foods c. grow foods

b. go foods d. gow foods

8. What do you call this group of foods that gives you clear skin, bright eyes, strong bones and teeth, and helps you fight infection?

a. glow foods c. grow foods

b. go foods d. gow foods

9. Which of the following is one of the several advantages of having a good posture? a. it makes a person look undignified c. good posture delays blood circulation b. good posture promotes good friendship d. clothes hang well on your body if you have a good posture
10. The following are the steps to maintain good posture while walking, except one.
a. keeps your body straight and relaxed c. point your toes straight ahead b. walk with even steps, neither too long d. the heels of your shoes should not touch nor too short the ground first when walking
11. What do you call the clothes that you wear at home? It should be loose, cool, and simple in style.
a. casual clothes c. school clothes
b. house clothes d. sportswear
12. This type of clothes is more elaborate than house clothes. What kind of clothes is this?
a. casual clothes c. school clothes
b. house clothes d. sportswear
13. What do you call a type of clothes that should fit the body well to make movements easier?
a. casual clothes c. school clothes
b. house clothes d. sportswear
14. This kind of clothes should be washable and durable for everyday use in schools.
a. casual clothes c. school clothes
b. house clothes d. sportswear
15. In removing this kind of stain, place a blotter or a piece of clean coupon bond paper on both sides of the garments and iron it. What kind of stain is this?
a. candle wax c. coffee
b. chewing gum d. ink
16. What do you call this kind of stain that can be removed by putting salt and *calamansi* juice or lemon on the stained part and spreading the garment under the sun?
a. blood c. lipstick
b. chewing gum d. rust
17. This kind of stain can be removed by applying ice on the stained portion, then scraping it with a blunt knife. What kind of stain is this?
a. blood c. chocolate
b. chewing gum d. vegetable stain
18. In removing this kind of stain, use a blotter or apply cornstarch or powder on the stained portion. Soak in water and laundry. What kind of stain is this?
a. fruits c. lipstick
b. ink d. rust
19. Which of the following is the reason why we should organize our things?

- a. to save energy c. to save time
 - b. to save space d. all of the above
20. Which of the following shows the proper way of keeping personal belongings?
- a. arranges school stuff according to its use c. put the towel on the table after using it b. keeps unnecessary things in the bag d. put in the trash the tube cap of the toothpaste
21. What do you call the basic stitches that are used for the temporary holding of two or more fabrics together before they finally are sewn?
- a. basting stitch c. hemming stitch
 - b. backstitch d. running stitch
22. This kind of stitch is used to hold the unfinished edge of the folded cloth. What do you call this basic stitch?
- a. basting stitch c. hemming stitch
 - b. backstitch d. running stitch
23. Which of the following stitches is used to reinforce ripped seams? It looks like a machine stitch on the inverted side of a fabric.
- a. basting stitch c. hemming stitch
 - b. backstitch d. running stitch
24. Which of the following sizes of needle is used in sewing basic stitches? It is suitable for light to medium fabrics.
- a. number 2 c. number 8
 - b. number 4 d. number 12
25. The following are the steps to follow in threading a needle and knotting the thread, except one.
- a. cut the thread horizontally with a sharp pair of scissors
 - b. measures the thread from your fingertips
 - c. insert the pointed end of the thread through the eye of the needle
 - d. pulls down the thread immediately to keep the thread from slipping out

II. Write the word TRUE if the statement is correct and FALSE if not. One point for each number.

(26-40) Proper Way of Standing

- 26. When standing, be flustered.
- 27. Stand with your feet, flat on the floor.
- 28. The feet should be straight forward.
- 29. Relax your shoulders and make them slant and flat.

30. Keep your chest out. **3**

Proper Washing and Ironing of Clothes

- 31. Bleach only the white clothes.
- 32. Place the ironed clothes in the cabinet.
- 33. Store your laundry supplies after washing.
- 34. Keep the water in the washing machine after washing.
- 35. Check the electric cord after ironing.

Mending and Repairing Clothes

- 36. In mending, use different quality and color of thread.
- 37. Buttons are examples of fasteners.
- 38. Stains can be easily removed when they last for a month on the cloth.
- 39. All buttons have holes and shanks.
- 40. Repair clothes after washing.