

INSPIRED TOTS EARLY LEARNING CENTER
2ND TERM EXAMINATION, 2024

HEALTH EDUCATION

3RD GRADE

CHOOSE THE CORRECT OPTION FROM THE LIST OF OPTIONS LETTERED A-D.

1. The inner part of our skin is called the _____. a). Sweat gland b). Dermis
c). Epidermis d). Pores
2. Personal hygiene includes both _____ and _____.
a). Dressing quickly b). Cleanliness c). Smartness d). Neatness. **Choose two options**
3. The outer layer of the skin is called the _____. a). Sweat gland b). Dermis c). Epidermis
d). Pores
4. A tiny opening on the skin that allows sweat out of our body is called the _____.
a). Sweat gland b). Dermis c). Epidermis d). Pores
5. When you play hard and sweat glands give out sweat you are said to be _____.
a). Sweating b). Running temperature c). Perspiring d). Working up
6. All of the following collects dirt on the skin **Except**. a). Perspiration b). Oil c). Creases
d). powder
7. Washing with soap and warm water is _____. a). Cleanliness b). Neatness c). Bathing
d). Washing
8. Our teeth are divided into two parts namely _____ and _____. a).
Crown and head b). Root and stem c). Molars and Premolars. d) Crown and Root
9. Your front teeth are called the _____. a). Cuspids b). Incisors c). Molars d). Premolars
10. _____ is a harmful germ that is always forming in between the teeth and mixing with
any form of sugar to form acid that causes tooth decay. a). Plaque b). Fluorine c). Acid
d). Sweet candy
11. A doctor that cares for our teeth is called the _____. a). Optician b). Gynecologist
c). Dentist d). Lab scientist.
12. _____ is a very tiny germ sometimes even tinier than a bacteria.
a) Microbes b) Germs c) Bacteria d) Illness
13. At what body temperature is a sick person allowed to take a painkiller?
a) 102°F b) 96.8°F c) 98.6°F d) 33.9°F
15. Many germs cannot multiply in our bodies when the body temperature is above ____
a) 102°F b) 96.8°F c) 98.6°F d) 33.9°F

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16. Match the following terms to their correct meaning.

Antibodies	Safe from disease.
Bacteria	Germs that cause diseases.
Antibiotics	Weakens disease germs that cause the body to make antibodies.
Viruses	A chemical substance taken into the body to destroy harmful bacteria.
Immune	Microbes which are tiny plants. Some are helpful while some are harmful.
Vaccine	Chemical substance made by the body to fight germs.
Microbes	Diseases caused by germs.
Pasteurization	Sometimes called germs.
Harmful bacteria	Tiny living organism that can only be seen with the microscope.
Infectious diseases	A method of destroying harmful bacteria by heating liquids and then cooling it quickly.
Harmful microbes	Germs that cause diseases viruses are smaller than bacteria

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SECTION TWO

ANSWER ALL QUESTIONS

1. Mention 4 ways to take good care of your teeth.

2. List 3 items that must be in a first aid box and their use.

3. State 2 safety rules of first aid.

4. Name 2 ways diseases can be spread.

5. State 2 ways to prevent disease.

ROAD SAFETY SIGNS

Match the following items.

1.



NO PARKING

2.



PEDESTRIAN
CROSSING

3.



NO LEFT TURN

4.



No U TURN

5.



MEN AT WORK