

INSPIRED TOTS EARLY LEARNING CENTER  
K4 SECOND TERM EXAMINATION 2023/2024

PHYSICAL AND HEALTH EDUCATION

Complete the sentence

1. A balanced diet is a food that has all the things the body needs to \_\_\_\_\_
2. Why do we need to give immediate attention to an accident victim?  
a. To save life.      b. To make him/her cry      c. To make the injury worst
3. Where do accident happen? \_\_\_\_\_  
a. Anywhere      b. Only in school      c. At home only
4. Why do accident happen? \_\_\_\_\_  
a. Due to carelessness      b. They are normal.      c. Accident must happen

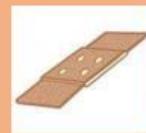
Match the items in the first aid box to their names



SCISSORS



COTTON WOOL



PLASTER

6. Germs are tiny things that make us sick.      True      False
7. All germs are harmful to humans.      True      False
8. Some germs help to keep humans healthy.      True      False

8. Click on the things we should do to avoid contacting germs.



9. Do all animals make the same sound?      Yes      No

Select the sounds made by the following animals.

10. Dog:      sing      barks
11. Goat:      bleat      crows

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12. Pick and drop in the correct box.



Natural sound	Manmade sound

Click on the food that fight sickness and diseases in our body



15. How many hours of sleep do we need each night?

a. 5 to 7 hours.    b. 6 to 12 hours.    c. 2 to 3 hours

16. Which of following developmental stages in plant comes first?



1



2



3