INSPIRED TOTS EARLY LEARNING CENTRE

4TH GRADE THIRD TERM ASSESSMENT 2024

SUBJECT: HEALTH EDUCATION

Click on the correct option below.

1. Athlete's foot is a _____.

a. bacterial infection causing redness on the face.

b. fungal infection that affects the scalp

c. skin disease that causes painful infection between the toes

d. skin condition that causes itching on the arms

2. The following are ways to prevent athlete's foot EXCEPT one.

a. wash your feet daily b. share sweaty socks and shoes

c. keep your feet clean and dry d. let your feet air out

3. What are the two nutrients your body needs for healthy skin, hair and nails?

a. fiber and carbohydrates b. Vitamin C and Vitamin B c. Zinc and Calcium d. Protein and Vitamin A.

4. What part of your body should be washed the most?

a. foot b. hands c. armpit d. face

5. What is the hardened skin around the nail called?

a. cuticle b. follicle c. nail plate d. nail fold

6. When a cuticle cracks and gets rough, the rough edges can tear into the sensitive skin of the fingernail causing a condition known as _____.

a. brittle nails b. hangnail c. rickets d. long nail

LIVEWORKSHEETS

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7. How should fingernails be trimmed? Fingernails should be _____.

a. kept short enough so they won't break easily.

b. bitten with our teeth

c. trimmed using a pair of kitchen scissors

d. let to grow as long as possible

8. What is the nutrient your body changes to vitamin A?

a. fats and oils b. carotene c. iodine d. calcium

9. The following are reasons why deodorants should be used on the skin **EXCEPT**. Deodorants should be used to _____.

a . cover up body odor b. maintain good hygiene c. reduce perspiration or sweat d. help you feel comfortable in social situations.

10. When is the best time to trim your fingernails?

a. At night b. When they are wet c. During the weekends d. in the morning.

11. What insect can infest the hair?

a. flies b. spider c. lice d. mosquitoes

12. What are the eggs of the insect that infest the hair called?

a. Maggot b. larva c. pupa d. nits

13. Why should you dampen your hair before shampooing?

a. helps you use less shampoo and makes your hair easier to rinse

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b. to avoid tangles c. makes it easier to comb d. to soften the hair.

14. What is medicine?

a. drugs that you smoke b. legal drugs that make you sick c. drugs that cause helpful changes in the body when used properly d. illegal drugs that harm the body

15. The main reason why we need to take medicine is because _____.

a. medicine tastes nice b. our pain can be relieved when we take it

c. we need to follow what other people are doing d. it stops us from being hungry.

16. Which of the following is **not** a medicinal drug?

a. paracetamol b. antibiotics c. cough syrup d. Marijuana

17. Which of the following is the most suitable medicinal drug for a headache?

a. painkillers b. cough syrup c. antibiotics d. throat lozenges

Click on all the synthetic drugs below.







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