

Physical and Health

1. Click the following items in the first aid kit below : thermometer, Scissors, Rubber Gloves, Bandage



2. Which of these insects produces honey? a. Butterfly b. Cockroach c. Bee
3. If someone is bleeding, what would you use to protect yourself from the blood a. Scarf. b. Rubber Gloves. c. Paper tape
4. The six classes of food are protein, carbohydrate, vitamin and minerals, fats and oil and, \_\_\_\_ a. Water. b. Juice
5. Toilet is a place where people go to remove their \_\_\_\_ product.  
a. Waste b. Dress up
6. Click on the things used in the toilet. Brush. Dettol. Broom. Plaster scissors

7. What does living in peace in our homes, schools, and community do in our lives?

- a. Makes us sad.    b. Makes us happy

8. Write (T) true or false (F)

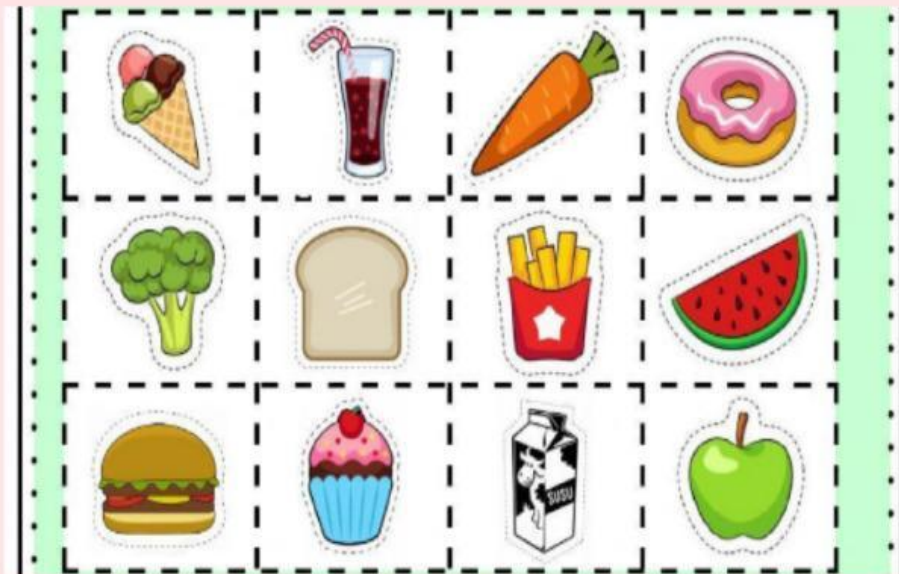
i. Burgers, fries and cakes are good sources of vitamins and minerals \_\_\_\_

ii. Fresh fruit and vegetables provide vitamins, minerals and fiber \_\_\_\_

iii. You should only eat one type of food each day \_\_\_\_

iv. You need a mixture of different foods to stay healthy \_\_\_\_

9. Select all the healthy foods.



10. Tick the pictures that show how you to take care of your body



11. Match the pictures to the sports

|                                                                                   |                                |                                                                                    |
|-----------------------------------------------------------------------------------|--------------------------------|------------------------------------------------------------------------------------|
|  | <div>PLAY<br/>FOOTBALL</div>   |  |
|  | <div>ROLLERBLADE</div>         |  |
|  | <div>PLAY<br/>HOCKEY</div>     |  |
|                                                                                   | <div>PLAY<br/>BASKETBALL</div> |                                                                                    |
|                                                                                   | <div>RIDE A BIKE</div>         |                                                                                    |
|                                                                                   | <div>SWIM</div>                |                                                                                    |