

INSPIRED TOTS EARLY LEARNING CENTER

1ST TERM EXAMINATION, 2024

NAME: _____

DATE: _____

HEALTH EDUCATION

3RD GRADE

SECTION 1.

Use the information below to fill in the blank spaces

Ribs cage, pores, knee, hot, tendons, dermis and epidermis, femur, 160,
humorous, ligaments, tibia and fibula, ulna and radius, framework, 206,
Posture

1. The way you hold your body when you sit, stand and move about is define as _____
2. The human skeletal system is made up of about _____ number of bones.
3. Another name for our skeletal system is _____
4. One of these is called the largest bone in our body _____
5. The patella is located at what part of our body _____
6. The part of the skeletal system that house the essential organs of the body is _____
7. The two bones at the lower part of our arms are called _____ and _____
8. The two bones under the femur are _____ and _____
9. Our bones are joined together by a _____
10. The muscles in our bodies are joined to the bones by _____
11. The two basic part of our skin is _____
12. The tiny opening in our skin is _____
13. In what kind of weather are you encouraged to bathe every day? _____
14. What should you do when you are angry, upset or unhappy about something and you cannot talk about it without getting angry.
1. don't talk about it at all. 2. Talk about it anyway. 3. Ignore the other person's feelings 4. Ask God to help you not to be angry. A). 1&2 B). 1&4 C). 2&3 D). 1&3

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Match where the following muscles are located correctly.

- | | |
|-----------------------|------------|
| 15. Biceps | stomach |
| 16. Triceps | neck |
| 17. Facial muscles | upper arm |
| 18. Abdominal muscles | bottom arm |
| 19. Trapezius | face |

20. When someone older speaks to you

1. Be pleasant, smile and be interested 2. Walk away while they are still talking to you. 3. Answer yes or no to your older ones.

4. Answer yes or no sir or ma'am to your older ones. A). 1&4 B). 1&2 C). 2&4 D). 3&4

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SECTION 2.

1. Label the picture.

mouth

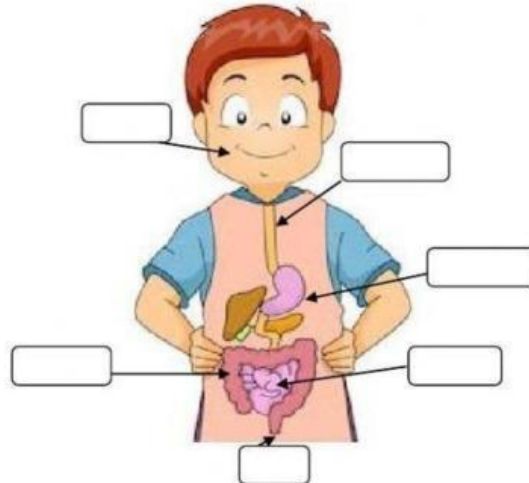
stomach

oesophagus

small intestine

anus

large intestine



2. Order the process of digestion.

- ☐ The **stomach** breaks the food down into nutrients.
- ☐ The **oesophagus** pushes the food down to the stomach.
- ☐ We chew the food with our **teeth**.
- ☐ The **large intestine** takes waste to the anus.
- ☐ The waste goes through the **anus**.
- ☐ The **small intestine** separates the nutrients from the waste and **absorbs the nutrients**. The nutrients pass from the small intestine into the blood, which carries them to all parts of the body.

3. Which is the longest intestine? Choose the correct option.

- a) large intestine
- b) small intestine

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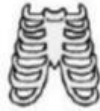
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SECTION 3.

1. Match the picture with the word.



Spine

Skull

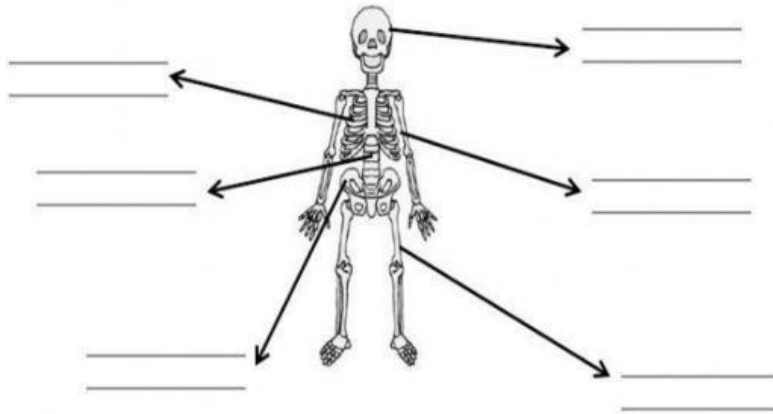
Ribs

Femur

Humerus

Hip

2. Write the names of the bones.



3. Where are these muscles? Match.

biceps pectoral muscles abdominal muscles gluteus quadriceps calf muscles

torso

arm

leg