

INSPIRED TOTS EARLY LEARNING CENTRE
1ST GRADE FIRST TERM EXAMINATION 2024/2025 SESSION
HEALTH EDUCATION NAME: _____

Click on the correct option.

- 1 Which of these is what you do without thinking? _____
(a) Motion (b) habit (c) jumping
- 2 Which of these is a good habit?
(a) Putting clothes on a hanger (b) sitting close to the television
(c) eating without washing hands
- 3 Good habits are formed when you do _____ things over and over again. (a) Wrong or bad (b) right or good (c) thinking.



- 4 One of these is a good habit.
(a) Keeping clean and neat (b) fighting (c) playing in class.
- 5 One of these is not true. I need good food to _____.

(a) breath (b) think (c) fight.

6 One of these is **not** an energy giving food.

(a) Yam (b) Rice (c) Beans.

7 One of these is a body building food.

(a) Milk (b) Potato (c) Cassava.

8 _____ helps you to grow and makes you strong.

(a) Dancing (b) Playing (c) Exercise

9 _____ helps my bones grow strong and hard.

(a) Cane (b) Book (c) Sunshine.

10 _____ is something I do without thinking.

(a) Growing (b) Sleeping (c) Habit.

11 Which of these is not a fun way of exercising?

(a) Kangaroo hop (b) duck waddle (c) sitting

Click on the correct answers True/ False

12 Chew your food well.

13 Take small bites.

14 Drink milk every day.

15 Wash your hands before and after eating.

Think and fill

16 It is white. It can have a fruit in it. I eat it with spoon. What is it?

17 It is yellow and white. It has a shell. It can be cooked hard or soft.

What is it? _____

18 Food can be grouped into _____. a) 10 b) 5 c) 8

19 Click on the picture that shows how to care for our body.



20 Another name for spring is _____. a) dash b) jump c) hop

Complete the sentences using the words in the box.

court	ball	hoop	shooting	dribbling
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21 The main equipment used to play the game of basketball is a _____ and a _____.

22 The act of bouncing the ball up and down on the floor with one hand is called _____.

23 The act of throwing the ball towards the basket to score points is called _____.

24 Basketball is played on a _____.

25 One of these is what athletes must do before engaging in any game.

a) warm up b) warm down c) warm side

26 Chest passing is when you throw the ball with _____ hands. a) 4
b) 7 c) 2

27 Click on the ball used in the game of basket ball.

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