SECOND TERM ASSESSMENT 2024/2025 SESSION

Class: K4   NAME [   ]

Physical Health Education.

1. A Balanced diet makes our body _____ to fight infections.

(a) strong   (b) weak.

2. _____ is an example of carbohydrate food.   (a) yam   (b) meat

3. Egg is an example of protein. True/ False.

4. The following are examples of fruits except_____

(a) mango   (b) pineapple   (c) cocoyam

5. We eat good food to_____   (a) grow   (b) sleep

6. The following are examples of food **except**_____.

(a) rice   (b) yam   (c) stone

7. Eating fruits makes us _____.   (a) healthy   (b) sick

8. _____ is a way of relaxing.   (a) Rest   (b) jogging

9. Rest is _____for us.   (a) bad   (b) good.

10. identify the following classes of food.

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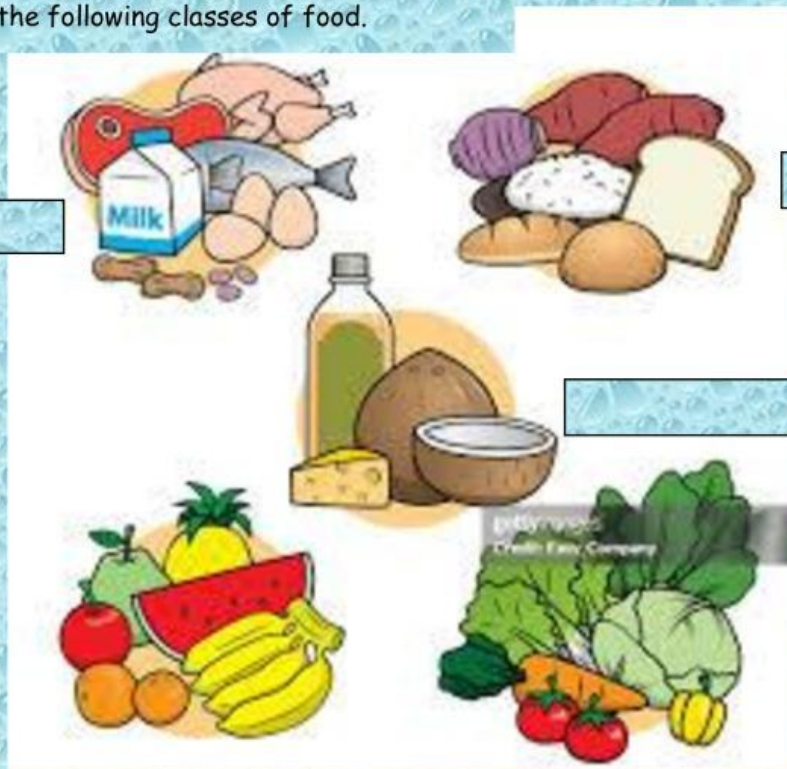SECOND TERM ASSESSMENT 2024/2025 SESSION
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10. We can relax our body through the following ways except_____

(a) sleeping   (b) watching television   (c) cooking.

11. We can recover our _____ by relaxing.   (a) power   (b) strength.

12. A Balanced diet is a food that has all that the body needs to _____

(a) grow   (b)walk

13. Foods that fights sickness and diseases in our body are;

(a)Tomatoes, vegetables and carrots   (b)sweet, juice, indomie and snacks.

14. _____and_____ are proteinous food.

(a) beans and egg   (b) sweet and Juice.

15. How many classes of food do we have?   (a) 6   (b) 10

16. Mention one (1) Carbohydrate food you know;

   I. _____

17. Amala is common among the _____   (a) Igbos   (b) Yorubas

18. Select the unhealthy foods in the following pictures.