INSPIRED TOTS EARLY LEARNING CENTRE
K5 THIRD TERM ASSESSMENT 2024/2025.

HEALTH EDUCATION

1. We have nails on for these reasons except

a. To beautify the fingers and toes b. To scratch the body when necessary c. To hurt someone

2. Mention 4 tools for taking care of the nails.

a. _____ b. _____ c. _____ d. _____

3. We keep clean short nails for the following reasons except

a. To appear neat and decent b. To prevent germs and dirt c. To chew on them.

4. Mention 2 dangers of keeping long nails.

a. _____ b. _____

5. _____ is anything we eat or drink to keep us healthy.

a. Food b. Snack c. Plants

6. What are the two major sources of food?

a. Plants and animals b. Water and vitamins c. Cheese and milk

7. Fruits and vegetables are gotten from _____.

8. Milk, meat and eggs are gotten from _____.

9. Mention 5 materials used for taking care of the hair.

a. _____ b. _____ c. _____ d. _____ e. _____.

10. All except one are ways of taking care of our hair.

a. Oiling the hair b. Washing the hair regularly d. Combing or brushing the hair d. Leaving the hair unkempt

11. The three types of hair infection includes: Lice, _____ and _____.

12. Mention 2 ways of taking care of our food.

a. _____ b. _____.

13. Mention 3 ways of taking care of our clothes.

a. _____ b. _____ c. _____.

14. Mention one reason why we eat food.

a. _____.

15. We wash our clothes with dirty water.

a. True b. False

LIVEWORKSHEETS