

INSPIRED TOTS EARLY LEARNING CENTER
3RD GRADE 3RD TERM ASSESSMENT 2024/2025.

NAME; _____

DATE; _____

HEALTH EDUCATION

1. What is the normal body temperature in a healthy adult?

A. Around 33 degrees B. Around 37.5 degrees C. Around 41.5 degrees

2. During a nosebleed, which position should you keep your head?

A. Head backwards B. Head level C. Head forwards

3. When a person faints, which position should you put them to help with recovery?

A. Sit in a chair B. Lay down with elevated legs C. Lay flat

4. When chemicals splashed into the eyes, how long should we flush them with clean water?

A. Around 5 minutes B. Around 20 minutes C. Around 60 minutes

5. Which kind of painkiller can help relieve pain and alleviate swelling at the same time?

A. Naproxen B. Aspirin C. Ibuprofen

6. When an insect gets stuck in your ear, what would be poured into the ear to remove the insect?

A. Warm tea B. Warm olive oil C. Warm water

7. Which of the following is not the purposes of first aid?

A. To prevent complications B. To preserve life C. To protect wounded areas

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Fill in the blanks.

8. _____ gives more energy than carbohydrates. [Fats/minerals]
9. Vitamin _____ helps to fight infections. [Vit D / Vit C]
10. Vitamin _____ helps in proper absorption of calcium. [Vit D / Vit C]
11. _____ helps in the formation of bones. [Iron/calcium]
12. _____ helps in the formation of blood. [Iron/calcium]
13. _____ needs more protein-rich food. [Children /adults]
14. _____ is more important to stay healthy. [Exercise/laziness]
15. _____ helps to keep our body warm. [vitamin/fats]
16. Meat and fish are a foods that are high in _____
17. Bread and rice are foods that are rich in _____
18. Apples, pears, berries broccoli are high in _____
19. Butters, cheese, fatty fish are rich in _____
20. Wrestling, Judo, Taekwondo, Boxing, Karate are examples of _____

Identify the following types of traditional wrestling

21. Ijakadi/Gidgbo _____ (Hauas, Igbo, Yoruba)
22. Kokawa/Dambe _____ (Hauas, Igbo, Yoruba)
23. Mgba _____ (Hauas, Igbo, Yoruba)
24. Mgba, Kokawa/Dambe, Ijakadi/Gidgbo are all modern wrestlings

TRUE/FALSE