INSPIRED TOTS EARLY LEARNING CENTRE
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THIRD TERM ASSESSMENT 2024 2025

NAME _____

Health Education 4th Grade

1. A word used to describe a regular repeated pattern in either sound or movement is referred to as _____

2. Physical fitness _____ are a set of abilities that determines how fit a person is.

3. _____, _____ and _____ are examples of physical fitness components.

4. _____ is a measure of how fast a person can move

5. The measure of how much power a person has is referred to as _____

6. The measure of how long a person can carry out an activity before needing to rest is termed _____

7. Strength activities are otherwise known as strength _____

8. Strength activities include _____, _____ and _____

9. Another word used to describe endurance activities is _____

10. Mention any 3 examples of endurance activities _____, _____ and _____

11. The part of the body that plays the role of biting, chewing and tearing of food is called the _____ (a) nose (b) eyes (c ) ears (d) teeth

12. There are basically _____ types of diseases common to man. (a) 1 (b) 2 (c ) (d) 4

13. The type of disease that can be transferred from one person to another is referred to as _____ disease. (a) non communicable (b) communicable (c ) degenerative diseases (d) non of the above

14. Night blindness is caused due to the deficiency of _____ (a) vitamin A (b) vitamin B (c ) vitamin C (d) vitamin D

15. Which of the following is an example of a non-communicable disease? (a) cancer (b) diabetes (c ) hypertension (d) all of the above

16. Excessive bleeding during an injury is a deficiency of vitamin _____ (a) B (b) C (c ) K (d) E

LIVEWORKSHEETS

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17. Which of the following diseases is caused by a deficiency in protein? (a) anaemia (b) kwashiorkor (c ) hypothyroidism (d) all of the above

18. Deficiency in _____ causes blindness in children worldwide. (a) vitamin A (b) vitamin B (c ) vitamin C (d) vitamin D

19. A specialist who is trained to create solutions to teeth problems is called a/an (a) dentist (b) optician (c ) veterinary doctor (d) physiotherapist

20. There are basically _____ types of teeth. (a) 1 (b) 2 (c ) 3 (d) 4

LIVEWORKSHEETS