INSPIRED TOTS EARLY LEARNING CENTRE
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THIRD TERM EXAMINATION 2024/2025 SESSION

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) 3 (D) 4
13. Night blindness is caused due to the deficiency of _____ (a) vitamin A (b) vitamin B (c) vitamin C (d) vitamin D
14. Which of the following is an example of a non-communicable disease? (a) cancer A(b) diabetes (c) hypertension (d) all of the above
15. Excessive bleeding during an injury is a deficiency of vitamin _____

LIVEWORKSHEETS

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

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

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

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

20. Copy and complete the sentences below into your copybook using the words below

Heart **sign** **sick** **symptom** **communicable** **illness**

A. Signs and symptoms shows that a person is _____

B. A headache is an example of a _____ as it can only be noticed by the person who is sick.

C. A fever is an example of a _____ as it can be noticed by someone else

D. A person can have a _____ without being sick.

E. Diseases which can be spread from one person to another are _____ diseases

F. An example of a disease which cannot be spread from person to person is a _____ disease

21. The process or act of taking medication without a doctors prescription is referred to as _____

22. The acronym NAFDAC means _____

23. A situation whereby an individual is addicted to a particular drug is termed drug _____

24. _____ and _____ are examples of hard drugs

25. _____ are substances in foods that are needed by the body for growth and development

26. _____ nutrients are needed by the body in large quantities

27. _____ nutrients are needed by the body in small quantities

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28. Food that contains all the necessary nutrients needed by the body is referred to as _____

29. Deficiency in protein can lead to an illness called _____

30. _____ is caused by lack of vitamin D, calcium or phosphorus

31. Orange, banana and apple are examples of _____ class of food

32. Rice, yam and cassava are examples of _____ class of food

33. Beans, bread and milk are examples of _____ class of food

34. The scientific process by which plants manufacture their food is called _____

35. The male part of a plant is called _____ while the female part is called _____

36. The male part of the plant is divided into _____ parts

37. The female part of the plant is divided into _____ and _____

38. The bony frame work of the body is known as the _____

39. The human body is made up of _____ number of bones.

40. _____ and _____ are the types of joints we have

41. The human body is made up of _____ bones at birth

42. The brain is protected by the _____ , while the heart is protected by the rib _____

43. Living things that have bones are called _____

LIVEWORKSHEETS