

INSPIRED TOTS EARLY LEARNING CENTER
PRE K THIRD TERM EXAMINATION

Health Habits

1. _____ are the bad things we do to people. (a). Bad Habits (b). Good Habits
2. Sharing is a bad habit. (a). True (a). False
3. The following are healthy habits except.



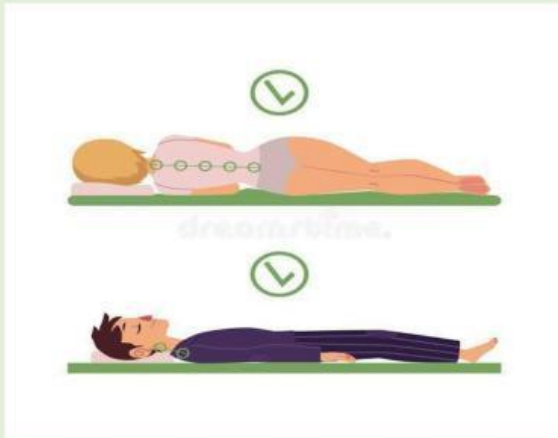
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4. One of the following is a bad habit except.



5. _____ is the way we carry our bodies on our legs. (a). Posture (b). Exercise
6. Types of posture include; standing posture, _____, _____ and _____.
7. There is good and bad posture. (a). True (b). False
8. Exercise helps build good posture. (a). True (b). False
9. The following are good postures except.

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10. Healthy habits are the _____.
11. Drugs are what we take when _____.
12. Illness is the state of feeling
(a). Healthy (b). Unwell
13. Illness is caused by
a. _____
b. _____

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c. _____

14. Emotion is the way we
_____.

15. Kinds of emotions are.
_____,
_____ and
_____.

16. Two types of illness are
_____ and
_____.

17. What is food?

18. Mention 3 types of food you know. _____, _____ and _____.

19. Identify and name only the healthy food.



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20. Identify and name the types of emotion below.



