

HEALTH EDUCATION

GRADE 1

Click on the correct option.

1. Which of these is what you do without thinking? \_\_\_\_\_ (a) Motion (b) habit (c) jumping
2. Which of these is a good habit? (a) Putting clothes on a hanger (b) sitting close to the television (c) eating without washing hands
3. Good habits are formed when you do \_\_\_\_\_ things over and over again. (a) Wrong or bad (b) right or good (c) thinking.
4. One of these is a good habit. (a) Keeping clean and neat (b) fighting (c) playing in class.
5. One of these is not true. I need good food to \_\_\_\_\_. (a) breath (b) think (c) fight.
6. One of these is not energy giving food. (a) Yam (b) Rice (c) Beans.
7. Two of these are body building foods.



8. \_\_\_\_\_ helps you to grow and makes you strong. (a) Dancing (b) Playing (c) Exercise
9. \_\_\_\_\_ helps my bones grow strong and hard. (a) Cane (b) Book (c) Sunshine.
10. \_\_\_\_\_ is something I do without thinking. (a) Growing (b) Sleeping (c) Habit.
11. Which of these is not a fun way of exercising? (a) Kangaroo hop (b) duck waddle (c) sitting Click on the correct answers True/ False
12. Chew your food well.

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13. Take small bites.

14. 14 Drink milk every day.

Wash your hands before and after eating.