INSPIRED TOTS EARLY LEARNING CENTER, JOS.

3RD GRADE 1ST TERM CONTINUOUS ASSESSMENT, 2025/2026

NAME: _____ DATE: _____

HEALTH EDUCATION.

Choose the correct option from A-D

1. What is good posture?

a) Sitting or standing up straight

b) Slouching or leaning

c) Running or jumping

d) Sleeping or resting

2. What is the skeletal system?

a) A system that helps us move

b) A system that protects our organs

c) A system that makes us strong

d) All of the above

3. What do bones protect?

a) Muscles

b) Organs

c) Skin

d) Hair

4. How many bones do we have in our body?

a) 100

b) 206

c) 300

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d) 400

Skeletal Muscles and Types of Muscles (4 questions)

5. What type of muscle is attached to bones?

a) Smooth muscle

b) Cardiac muscle

c) Skeletal muscle

d) None of the above

6. What do skeletal muscles do?

a) Help us move

b) Protect our organs

c) Make us strong

d) All of the above

7. What are the three types of muscles?

a) Skeletal, smooth, and cardiac

b) Strong, weak, and medium

c) Fast, slow, and medium

d) Big, small, and medium

8. What type of muscle is found in the heart?

a) Skeletal muscle

b) Smooth muscle

c) Cardiac muscle

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d) None of the above

9. What do we need to eat to stay healthy?

a) Junk food

b) Fruits and vegetables

c) Candy and sweets

d) All of the above

10. What type of nutrient gives us energy?

a) Carbohydrates

b) Proteins

c) Fats

d) All of the above

11. What is an example of a vitamin?

a) Vitamin C

b) Protein

c) Carbohydrate

d) Fat

12. What type of nutrient helps build and repair muscles?

a) Carbohydrate

b) Protein

c) Fat

d) Vitamin

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13. Why is water important for our bodies?

a) To make us strong

b) To give us energy

c) To help our bodies work properly

d) To make us look good

14. What can happen if we don't get enough nutrients?

a) We will get stronger

b) We will stay the same

c) We will get weaker and sick

d) We will grow taller

15. Why are nutrients important for our bodies?

a) To make us look good

b) To give us energy and help us grow

c) To make us strong

d) To help us sleep

16. What happens when we eat a balanced diet?

a) We will get weaker

b) We will stay the same

c) We will get stronger and healthier

d) We will grow taller

17. Why do we need to drink water?

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a) To make us strong

b) To give us energy

c) To help our bodies work properly

d) To make us look good

18. What can happen if we don't drink enough water?

a) We will get stronger

b) We will stay the same

c) We will get dehydrated

d) We will grow taller

19. How can we make sure we get enough nutrients?

a) By eating junk food

b) By eating a balanced diet

c) By drinking soda

d) By watching

20. Why is breakfast important?

a) To give us energy for the day

b) To help us sleep

c) To make us strong

d) To make us look good

TV

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