

INSPIRED TOTS EARLY LEARNING CENTER  
K4 SECOND TERM ASSESSMENT 2025/2026

Physical and Health

Complete the sentence

1. A balanced diet is a food that has all the things the body needs to \_\_\_\_\_
2. Mention two examples of food that fight sickness and repair the worn-out tissues in our body. \_\_\_\_\_ and \_\_\_\_\_
3. It gives us energy and makes us strong \_\_\_\_\_
4. The six classes of food are carbohydrates, protein, fat and oil, water, minerals and \_\_\_\_\_
5. List two examples of the following classes of food.
  - Vitamin \_\_\_\_\_, and \_\_\_\_\_
  - Carbohydrates \_\_\_\_\_ and \_\_\_\_\_
  - Protein \_\_\_\_\_ and \_\_\_\_\_
6. When we don't eat food, what would happen to you? \_\_\_\_\_

Write TRUE OR FALSE

7. Rest is a way of relaxing our body when we are free from work, play or any activity. \_\_\_\_\_
8. Reading and quiet play are good ways to rest \_\_\_\_\_
9. Mention any two duties of an individual in the community \_\_\_\_\_, and \_\_\_\_\_
10. Identify the junk foods in the picture below.



11. Identify the following emotions.

# Feelings



**Angry**



**Happy**



**Surprised**



**Sleepy**



**Sad**

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12. Match the following classes of foods with their appropriate pictures.

Proteins •



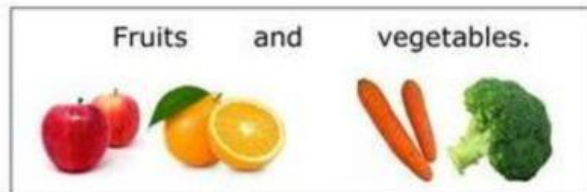
Carbohydrates •



Vitamins •



Minerals •



Fats •

