

INSPIRED TOTS EARLY LEARNING CENTER
PRE K SECOND TERM TEST 2025/2026 SESSION

HEALTH HABITS

1. Food is anything we _____ to make our _____ strong.

2. The following are types of food except,

(a) Stone (b) Fruit (c) Eggs

3. Match the food based on their names.

Fruits



Vegetables



Meat



4. Food makes us _____.

5. Food makes us _____.

6. Food helps our body to fight _____.

7. Food makes us _____.

8. Balanced diet is a food that contains all the _____ the _____ needs.

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Look at the pictures carefully and match appropriately.

9.Fat and oil



10. Protein

