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| **ANGELWINGS COMPREHENSIVE COLLEGE, MAROKO, PW, KUBWA, ABUJA** | |
| **THIRD TERM EXAMINATION 2024/2025 ACADEMIC SESSION** | |
| **SUBJECT: Physical and Health Education** | **CLASS: YEAR ONE** |

Choose the best answer or fill in the blank.

1. Do not use a sharp pointed object to clean your \_ (a) nose (b) eyes (c) ears (d) mouth

2. Clean your teeth every morning and after each meal with a toothbrush and \_ (a) water (b) soap (c) toothpaste (d) towel

3. Always drink clean water using a clean \_ (a) bottle (b) cup (c) hand (d) straw

4. Always wash your fruits before \_ them (a) cooking (b) throwing (c) eating (d) buying

5. One objective of first aid is to stop \_ (a) talking (b) bleeding (c) running (d) sleeping

6. We must keep first aid boxes at home, in the school, and in our \_ (a) bags (b) cars (c) pockets (d) shoes

7. You should avoid playing with dangerous things such as electric \_ (a) toys (b) wires (c) balls (d) books

8. What is very important for good health (a) taking care of the body (b) playing games (c) eating sweets (d) watching TV

9. You should not use your teeth to cut your (a) food (b) nails (c) hair (d) paper

10. What is a good personal health habit (a) keeping our body clean (b) sleeping late (c) running fast (d) talking loudly

11. When should you wash your hands (a) before eating (b) after eating (c) after leaving the toilet (d) all of the above

12. What does cleanliness help to prevent (a) happiness (b) infections (c) laughter (d) games

13. Good hygiene practices will help to keep you (a) sad (b) healthy (c) tired (d) hungry

14. What is the first help given to a sick or injured person (a) a doctor (b) first aid (c) a nurse (d) a friend

15. Is fainting a condition that requires first aid (a) True (b) False

16. What is freedom from danger called (a) fun (b) safety (c) risk (d) game

17. Keep away from places that are not safe, for example, busy (a) parks (b) roads (c) homes (d) schools

18. Avoid doing dangerous things like climbing (a) stairs (b) trees (c) chairs (d) beds

19. If you have a cut, what is the first help you should get (a) a hug (b) first aid (c) a snack (d) a nap

20. What happens when we take care of our body (a) we get sick (b) we stay healthy (c) we feel tired (d) we become sad

**Section B**

Provide a short answer for each question.

1. What is the first help given to an injured person? \_\_\_\_\_\_\_\_\_

2. Name one thing found in a first aid box. \_\_\_\_\_\_\_\_\_

3. What is freedom from danger called? \_\_\_\_\_\_\_\_\_

4. What should you wash before eating them? \_\_\_\_\_\_\_\_\_

5. What can good hygiene prevent besides illness? \_\_\_\_\_\_\_\_\_

**Section C**

Answer the following questions briefly.

1. List two things you should not use to clean your teeth.

2. State two benefits of maintaining personal hygiene.

3. Name three conditions that require first aid.

4. List two examples of dangerous things you should not play with.

5. What are two safety rules mentioned?