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

1. Why is it important to brush our teeth regularly? (a) To look good (b) To feel good (c) To prevent cavities

2. What should we do to stay healthy? (a) Eat junk food (b) Play all day (c) Wash our hands regularly

3. Why is it important to get enough sleep? (a) So we can play more (b) So we can watch TV more (c) So our body can rest

4. Why should we wash our hands before eating? (a) So we can eat faster (b) So we can taste food better (c) So we don't get sick

5. What should we do to keep our body clean? (a) Take a bath regularly (b) Wear dirty clothes (c) Play in the mud

6. Why is it important to wear clean clothes? (a) So we can look good (b) So we can feel good (c) So we stay healthy

7. What should we do if we get a cut? (a) Ignore it (b) Wash it with soap and water (c) Apply dirt to it

8. What is the purpose of bandaging a wound? (a) To make it look good (b) To protect it from dirt and germs (c) To make it heal faster

9. What should we do if someone is bleeding? (a) Apply pressure to the wound (b) Ignore it (c) Let it bleed

10. Why is it important to tell a trusted adult if we're not feeling well? (a) So they can ignore it (b) So they can give us medicine (c) So they can help us get better

11. What should we do to prevent the spread of germs? (a) Share our toys and food (b) Wash our hands regularly (c) Touch everything

12. Why is it important to cover our mouth when we cough? (a) So we don't spread germs (b) So we can eat more (c) So we can play more

13. What should we do if we get a burn? (a) Apply ice to it (b) Apply heat to it (c) Cool it with water

14. Why is it important to keep our surroundings clean? (a) So it looks good (b) So it smells good (c) So we're less likely to get sick

15. What should we do if someone faints? (a) Leave them alone (b) Try to wake them up gently (c) Pour water on them

16. Why should we not share personal items like towels? (a) So we can save money (b) So we can share with friends (c) So we don't spread germs

17. What is the importance of regular exercise? (a) To look good (b) To feel good (c) To stay healthy

18. Why should we avoid touching our face? (a) So we don't get tired (b) So we don't spread germs (c) So we can eat more

19. What is the first treatment given to an injured person? (a) first aid (b) second aid (c) third aid

20. First aid is important (a) True (b) False