

|  |  |
| --- | --- |
| ANGELWINGS COMPREHENSIVE COLLEGE, MAROKO, PW, KUBWA, ABUJA | |
| SECOND TERM EXAMINATION 2024/2025 ACADEMIC SESSION | |
| SUBJECT: Physical and Health Education | CLASS: GRADE FOUR |

1. To stop germs, you should \_ (a) Wash hands (b) Eat candy (c) Stay outside

2. A healthy community needs \_ (a) Healthy people (b) Candy (c) Trash

3. For health, choose \_ (a) Soda (b) Fruits and vegetables (c) Sleeping all day

4. To stop illness, \_ (a) Share food (b) Wash hands (c) Skip water

5. If sick, \_ (a) Go to school (b) Stay home (c) Visit friends

6. Get vaccinated to \_ (a) Prevent disease (b) Grow taller (c) Look good

7. Help keep the community clean by \_ (a) Littering (b) Picking up trash (c) Ignoring trash

8. Keep the environment clean to \_ (a) Look nice (b) Prevent disease (c) Annoy people

9. Avoid smoking because \_ (a) It smells (b) It harms health (c) It's cool

10. Stay healthy by \_ (a) Exercising (b) Staying inside (c) Eating fast food

11. Reduce pollution by \_ (a) Recycling (b) Burning plastic (c) Littering

12. Plant trees to \_ (a) Make oxygen (b) Get seats (c) Grow grass

13. Recycle plastic bottles after use, don't \_ (a) Trash them (b) leave them (c) Burn them

14. Pollution \_ (a) Dirties air/water (b) Blooms flowers (c) Helps animals

15. Conserve energy by \_ (a) Turning off lights (b) Using more plastic (c) Polluting rivers

16. To save water, \_ (a) Run tap while brushing (b) Take long showers (c) Turn off tap when brushing

17. Avoid plastic bags because they \_ (a) Harm environment (b) Are costly (c) Help plants

18. Recycling is like \_ (a) Using paper bags (b) Trashing bottles (c) Burning cardboard

19. Reduce air pollution by \_ (a) Walking/biking (b) Running car all day (c) Using more AC

20. Care for earth by \_ (a) Planting trees (b) Cutting trees (c) Littering

21. Food is vital because it \_ (a) Provides energy (b) Makes us taller (c) Aids sleep

22. A healthy diet helps us \_ (a) Run faster (b) Stay strong (c) Grow taller

23. A healthy choice is \_ (a) Candy (b) Fruits/vegetables (c) Chips

24. Carbohydrates \_ (a) Aid sleep (b) Give energy (c) Improve vision

25. A protein source is \_ (a) Apples (b) Chicken (c) Chocolate

26. Drink water to \_ (a) Stay hydrated (b) Feel tired (c) Taste sweetness

27. Fruits/vegetables benefit by \_ (a) Being sugary (b) Aiding skin (c) Making us sleepy

28. Vitamins come from \_ (a) Candy (b) Fruits/vegetables (c) Ice cream

29. For fitness, \_ (a) Watch TV (b) Play sports (c) Sleep

30. Fitness is key to \_ (a) Feeling tired (b) Strong muscles/heart (c) Growing taller

31. Gymnastics excludes \_ (a) Tumbling (b) Running (c) Balancing

32. Exercise helps muscles \_ (a) Weaken (b) Strengthen (c) Tire

33. A gymnastics skill is \_ (a) Somersaulting (b) Trampolining (c) Swimming

34. Gymnastics helps us \_ (a) Move freely (b) Sleep (c) Grow taller

35. Strong bones need \_ (a) Candy (b) Dairy (c) Chips

36. Physical fitness is like \_ (a) Watching movies (b) Racing (c) Sitting

37. Fitness makes the heart \_ (a) Stronger (b) Slower (c) Rest

38. Gymnastics improves \_ (a) Talking (b) Flexibility/balance (c) Singing

39. Stay active by \_ (a) Playing outside (b) Gaming (c) Staying in bed

40. Energy for exercise comes from \_ (a) Vegetables (b) Pizza (c) Whole grains

Section B

1. Physical fitness keeps our \_\_\_\_\_\_\_\_\_ strong.

2. Care for the \_\_\_\_\_\_\_\_\_ reduces pollution.

3. Daily exercise, like \_\_\_\_\_\_\_\_\_, is heart-healthy.

4. Eat \_\_\_\_\_\_\_\_\_ and vegetables to stay fit.

5. Using \_\_\_\_\_\_\_\_\_ and recycling protects the environment.

Section C

1. Explain the importance of regular handwashing for community health.

2. Describe how a balanced diet contributes to overall physical fitness.

3. Discuss the benefits of recycling and reducing waste for the environment.

4. Explain how regular physical activity impacts cardiovascular health.

5. Discuss the role of gymnastics in developing physical strength and flexibility.