



**Ratnanagar-7, Sauraha, Chitwan**  
**First Terminal Examination-2082**

**F.M.: 25**

**Time: - 1 hr.**

<b>Name:</b>	<b>Roll No.:</b>	<b>Sec.:</b>
_____ <b>INVIGILATOR</b>	_____ <b>EXAMINER</b>	<b>OBT.MARKS:</b> <div style="border: 2px solid black; width: 80px; height: 60px; display: inline-block;"></div>

**[5×1=5]**

- a. Oral health can be maintained by \_\_\_\_\_ our teeth twice a day.  
i) Bathing                  ii) Brushing                  iii) Washing
- b. We have to use clean water and \_\_\_\_\_ to wash our hands.  
i) Soap                  ii) Shampoo                  iii) None
- c. Food provide us \_\_\_\_\_.  
i) Energy and heat      ii) Stale                  iii) Both
- d. We should not eat \_\_\_\_\_ foods.  
i) Healthy                  ii) Junk                  iii) Fruits
- e. We get legumes from \_\_\_\_\_.  
i) Plants                  ii) Animals                  iii) Street

**[5×1=5]**

- a. What are foods?

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- b. Write three steps of drill.

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- c. Name any two materials used for drawing.

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- d. Define menstruation.

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- e. Name any two food obtained from plants.

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**3. Short question answer.****[6×2=12]**

a. What is personal hygiene?

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b. Mention any two functions of food.

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c. Name five groups of food obtained from plants.

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d. Define geometric shapes. Name any two examples of shapes .

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e. Write down any two benefits of drill.

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f. Difference between primary colour and secondary colour.

primary colour	Secondary colour

**4. Categorize the following foods into three groups in the given table.****[3]**

Rice, Potato, Bread, Pumpkin, Apple, Green-leafy vegetables

Energy - Giving Foods	Protective Foods

**The End**