**Green Society Public School**

**D-23**

**Ratnanagar-7, Sauraha, Chitwan**

**First Terminal Examination-2082**

**Class: Four Time: - 1 hr. F.M.: 25**

**Sub: HPCA**

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| **Name: Roll No.: Sec.:** |
| **­­­­­­­­­­­­ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ OBT.MARKS:**  **INVIGILATOR EXAMINER** |

1. **Choose the correct answers. [5×1=5]**
2. Oral health can be maintained by \_\_\_\_\_\_\_\_\_\_\_\_ our teeth twice a day.
3. Bathing ii) Brushing iii) Washing
4. We have to use clean water and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to wash our hands.
5. Soap ii) Shampoo iii) None
6. Food provide us \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. Energy and heat ii) Stale iii) Both
8. We should not eat \_\_\_\_\_\_\_\_\_\_ foods.
9. Healthy ii) Junk iii) Fruits
10. We get legumes from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
11. Plants ii) Animals iii) Street
12. **Very short question answer. [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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1. **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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1. Difference between primary colour and secondary colour.

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| primary colour | Secondary colour |
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1. **Categorize the following foods into three groups in the** **given table. [3]**

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

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| **Energy - Giving Foods** | **Protective Foods** |
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**The End**