

SHIVGADHI ENGLISH SCHOOL

Shivraj-1, Kapilvastu

Second Terminal Examination 2081

Class: 4

F.M. 50

Subject: Health & Physical

Attempt all the questions:

1. Very short answer questions . 1x10=10

- a. What is personal hygiene ?
- b. Give any two examples of spices.
- c. What items do you need to brush your teeth ?
- d. Which exercise do you like?
- e. Do you skip at home ?
- f. What colour do you prefer the most while drawing ?
- g. What can you make from leftover materials?
- h. What time do you wake up usually at home?

i. What is the full form of 3R method?

j. What is your favourite vegetables?

2. Short answer questions . 2x10=20

- a. What is food ?
- b. Write the ways to keep your clothes clean .
- c. What is dairy product ? Give two examples.
- d. What is athletics ?
- e. What do we call the design that does not exist in nature?
- f. What is print making ?

g. What is a junk food ? Make a list of various types of junk food available in your locality ?

h. Write the advantages of skipping?

i. What are the types of construction ? Name them .

j. What are the sources of balanced diet?

3. Long answer questions. 4x5=20

- a. What is kitchen garden ? Write its advantages .
- b. How is design different from pattern ?
- c. Explain long jump briefly , Also mention different stages of long jump.
- d. What is claywork? Define ceramics.
- e. Draw a pictures of any four fruits.

The End