

1874 Nasinu Sangam School

Year 4

Healthy Living

Worksheet 1

1. Which of the following is an example of hinge joint?
A. skull B. elbow C. femur
2. For healthy growth for the babies it is important for them to have enough _____.
A. playing and swimming B. climbing and running C. sleep and rest
3. There are how many bones in our body?
A. 203 B. 206 C. 216
4. Which of the following is an example of a bad eating habit?
A. Eating on time B. Talking while eating C. Not talking while eating
5. _____ builds our teeth and bones.
A. Milk B. Dalo C. Roti
6. Most changes in girls happen around _____ years of age.
A. 9-10 B. 10-12 C. 12-14
7. Food pipe is also known as _____.
A. Oesophagus B. stomach C. small intestine
8. Digestion begins in the _____.
A. stomach B. mouth C. small intestine
9. It is important for us to _____ rules.
A. follow B. break C. ignore
10. Vision impairment is _____.
A. vision loss B. deafness C. mental disorder

