

Second Semester of the Academic Year 1447-2025

Worksheet 4

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|---------|---------|-------|---------|
| Level | Primary | Name | |
| Subject | Science | Class | Grade 4 |

◆ Choose the correct answer from the options below: a, b,c or d :

1 What helps keep our body clean?

- a) Eating candy
b) Taking a shower
c) Watching TV
d) Drinking dirty water

2 Which is a healthy habit?

- a) Sharing towels
b) Drinking enough water
c) Eating a lot of sweets
d) Eating fried food

3 Why should we brush our teeth every day?

- a) To make them bigger
b) To protect them from cavities
c) To change their color
d) To become more dark

4 What should we wear in winter?

- a) Sunglasses
b) Light clothes
c) Warm clothes
d) swimming clothes

5 How many hours of sleep does the body need at night?

- a) 3 hours
b) 5 hours
c) About 8 hours
d) 4hours

6 What should we eat less of?

- a) Fruits
b) Vegetables
c) Sugar and fat
d) Water

✨ ◆ Choose the true (T) for the correct answer or false (F) for the incorrect answer

- 1 Health means having no sickness only. **F**
- 2 We should not share personal items like combs or towels. **T**
- 3 Drinking water helps our body work well. **T**
- 4 Eating a lot of sugar and fat is healthy. **F**
- 5 We visit the doctor when we feel sick. **T**

✨ (Short Answer)

- 1 Name one healthy habit.
👉 Drinking enough water
- 2 Why do we sleep early?
👉 Keep mind and body healthy
- 3 What should we do to keep our teeth clean?
👉 Brush our teeth
- 4 What should we avoid eating a lot of?
👉 sugar and fat