

Second Semester of the Academic Year 1447-2025

Worksheet 4

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. ()
- 2 We should not share personal items like combs or towels. ()
- 3 Drinking water helps our body work well. ()
- 4 Eating a lot of sugar and fat is healthy. ()
- 5 We visit the doctor when we feel sick. ()

✨ (Short Answer)

1 Name one healthy habit.

👉 _____

2 Why do we sleep early?

👉 _____

3 What should we do to keep our teeth clean?

👉 _____

4 What should we avoid eating a lot of?

👉 _____