

HEALTH TEST

By MRS. PAZ J. EUGENIO *

I. Fill the blanks with words or expressions chosen from the list below:

1. Milk, fruits, and vegetables are examples of _____ foods.
2. If possible, place your toothbrush in the _____ to dry.
3. Brush the outer surface of your teeth with an _____ movement.
4. Eating too much _____ is bad for the teeth.
5. Always use a good _____.
6. Have the cavities of your teeth _____; do not have the teeth extracted.
7. Choose _____ in order to give exercise to the teeth.
8. If the teeth are not brushed, they will _____ easily.
9. The teeth help a person to speak _____.
10. Own and use a _____ to help you to have good health.

- | | |
|-----------|---------------|
| mouthwash | filled |
| sunlight | toothbrush |
| decay | up-and-down |
| candy | hard foods |
| clearly | bone-building |

II. Write *TRUE* or *FALSE* on the blank before each sentence.

- _____ 1. Reading in a poor light strains the eyes.
- _____ 2. The eyes should be rested whenever they feel tired.

(Answers on page 163)

* Teacher, Cecilio Apostol Elementary School, Manila.

- _____ 3. It is not bad on the eyesight to read in a moving vehicle.
- _____ 4. An optician treats diseases of the eyes.
- _____ 5. When one is reading, the light should come from over the left shoulder.
- _____ 6. If you have poor eyesight, consult an oculist.
- _____ 7. An oculist is a person who _____
sells optical goods.
- _____ 8. Eyes make it possible for us to see the beautiful things on earth, so the eyes should be cared for.
- _____ 9. Good eyesight helps one in any kind of work.
- _____ 10. Too much glare is bad for the eyes.

(Answers on page 163)

JUMBLED PHILIPPINE GEOGRAPHY

(The answers)

- | | |
|---------------|--------------|
| 1. Baguio | 6. Santiago |
| 2. Villasis | 7. Manila |
| 3. Cabanatuan | 8. Baliuag |
| 4. Tayabas | 9. Barasoain |
| 5. Paracale | 10. Bangued |

IDENTIFYING PEOPLE

(The Answers)

- | | |
|---------------------------|-----------------------|
| 1. engineer | 6. mechanic |
| 2. aviator | 7. plumber |
| 3. modiste,
dressmaker | 8. photographer |
| 4. minister,
priest | 9. painter,
artist |
| 5. author,
writer | 10. jockey |

CHOOSING THE CORRECT ANSWER

(The Answers)

- 1. is 5. has
- 2. are 6. are
- 3. her 7. eat
- 4. their 8. likes

* * *

WHO AM I?

(The Answers)

- 1. pig 3. rice
- 2. bee 4. corn
- 5. sugar cane

* * *

MATCHING SENTENCES

(The Answers)

- 1 — 2 5 — 4
- 2 — 5 6 — 6
- 3 — 1 7 — 8
- 4 — 3 8 — 7

HUNTING DEER

(Continued from page 162)

noon. We pierced thick forests and forded many streams whose clear water was very cool. Our dogs went ahead of us. Once in a while a deer would come out of the tall *talahib* and would be met with a shot.

That night we spent most of our time in salting the venison. The following morning, we hunted again. We bagged many more, for the place is noted for its game. When we finally went home, we had to employ six carabaos to carry our quarry.

When school opened, my mind was not in my lessons because I was always

HEALTH TEST

I.

- 1. bone-building
- 2. sunlight
- 3. up-and-down
- 4. candy
- 5. mouthwash
- 6. filled
- 7. hard foods
- 8. decay
- 9. clearly
- 10. toothbrush

II.

- 1. TRUE 6. TRUE
- 2. TRUE 7. FALSE
- 3. FALSE 8. TRUE
- 4. FALSE 9. TRUE
- 5. TRUE 10. TRUE

CROSS-WORD PUZZLES

(Answers from page 158)

thinking of the pleasant, thrilling time I had during the hunting trip.

OUR PROFICIENCY CLUB

(Continued from page 162)

dren's Welfare Committee which is composed of eight members, Health Committee with seven members, Publicity Committee having seven members, Program and Invitation Committee with eight members, Good Behavior Committee having seven members, and Refreshments Committee composed of seven members.

The meetings are held the last Friday of every month. Our Club has elected the following officers: president, vice-president, and sergeant-at-arms. We are conducting our meetings in the most orderly manner possible.

A VISIT TO MABINI'S

(Continued from page 162)

sad. Among other things he told us of Mabini walking home barefooted in order to save his shoes. His talk was an inspiration. I learned that an ambitious boy may succeed in spite of poverty.

When the program was finished, we visited the home of Mabini, and talked to one of his brothers. He pointed out to us the exact spot on which formerly stood the *nipa* shack in which Mabini was born.