Formal Assessment Task 1  
Grade 3 Term 2  
Worksheet 1  

Name .....................................................                                Date.....................................

Read the different situations below.
Make a tick √ next to those you could do to help a friend who has an ill relative and make a cross X next to those that would not be helping him/her. Give reasons for your answer. (reasons not dealt with yet)

1. Bring them something to eat.

2. Avoid him/her because you do not want to see her/him.

3. Be patient with him/her

4. Assist her/him when there is need.

5. Pray for them.

6. Force him/her to talk to you.

7. Tell him/her to forget about the situation and go on with his/her life.

<table>
<thead>
<tr>
<th>LO 3 AS 3 &amp; 4 Explain how she/he copes with challenging emotions including dealing with people living with diseases and illness</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannot differentiate between actions that help and those that do not help</td>
<td>Can differentiate between few actions that help and those that do not help</td>
<td>Can differentiate between most actions that help and those that do not help</td>
<td>Can differentiate between actions that help and those that do not help and give reasons for her/his answers</td>
<td></td>
</tr>
</tbody>
</table>
Formal Assessment Task 1  
Grade 3 Term 2  
Worksheet 2  

Name................................................               Date......................................

Match the picture to the relevant object and write contact numbers of each
(\textit{contact numbers not taught yet})

<table>
<thead>
<tr>
<th>1. Picture of a Policeman</th>
<th>Picture of a Bible</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Picture of a Nurse</td>
<td>Picture of Books</td>
</tr>
<tr>
<td>3. Picture of a Traditional Healer</td>
<td>Police Van</td>
</tr>
<tr>
<td>4. Picture of a Priest</td>
<td>Picture of a syringe</td>
</tr>
<tr>
<td>5. Picture of an Educator</td>
<td>Picture of drums</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LO 1 AS 4</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identifies relevant people and their contact details to report cases of accidents, abuse, crime, fire, illness and injury</td>
<td>Cannot match people with relevant objects and contact numbers</td>
<td>Can match some people with relevant objects and no contact numbers</td>
<td>Can match most people with relevant objects but no contact numbers</td>
<td>Can match all people with relevant objects and some contact numbers</td>
</tr>
<tr>
<td>Eat sweets</td>
<td>Swim</td>
<td>Jump</td>
<td>Eat vegetables</td>
<td>Cleanliness</td>
</tr>
<tr>
<td>------------</td>
<td>------</td>
<td>------</td>
<td>----------------</td>
<td>-------------</td>
</tr>
<tr>
<td>Wearing dirty Clothes</td>
<td>Stealing</td>
<td>Drink water</td>
<td>Do not want to share</td>
<td>Skip</td>
</tr>
<tr>
<td>Eat fruit</td>
<td>Stretch your arms 4 times</td>
<td>Do not drink water</td>
<td>Play</td>
<td>Run</td>
</tr>
</tbody>
</table>

Complete the following sentences using the above table and write the effects of each habit:

1. **Five unhealthy habits are**

   - I cannot identify and describe the effects of healthy dietary habits. I get confused.
   - I can identify and describe the effects of few healthy dietary habits. I still need help.
   - I can identify and describe the effects of most healthy dietary habits.
   - I can identify, describe the effects and give reasons of most healthy dietary habits.

2. **Five forms of exercises are**

   - I cannot identify and describe the effects of few forms of exercises. I still need help.
   - I can identify and describe the effects of most forms of exercises.
   - I can identify, describe the effects and give reasons of most forms of exercises.

3. **Five healthy habits are**

   - I cannot identify and describe the effects of unhealthy dietary habits. I get confused.
   - I can identify and describe the effects of few unhealthy dietary habits. I still need help.
   - I can identify and describe the effects of most unhealthy dietary habits.
   - I can identify, describe the effects and give reasons of most unhealthy dietary habits.

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**LO 1 AS1**

- **Compares healthy and poor dietary habits and describe the effects of such habits on personal health**

   - I cannot identify and describe the effects of healthy dietary habits. I get confused.
   - I can identify and describe the effects of few healthy dietary habits. I still need help.
   - I can identify and describe the effects of most healthy dietary habits.
   - I can identify, describe the effects and give reasons of most healthy dietary habits.

   - I cannot identify and describe the effects of poor dietary habits. I get confused.
   - I can identify and describe the effects of few poor dietary habits. I still need help.
   - I can identify and describe the effects of most poor dietary habits.
   - I can identify, describe the effects and give reasons of most poor dietary habits.

   - I cannot identify and describe the effects of forms of exercises. I get confused.
   - I can identify and describe the effects of few forms of exercises. I still need help.
   - I can identify and describe the effects of most forms of exercises.
   - I can identify, describe the effects and give reasons of most forms of exercises.