



INSPIRED TOTS EARLY LEARNING CENTRE

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HEALTH EDUCATION FIRST TERM EXAMINATION 2024/2025 SESSION

5TH GRADE

NAME

- 1) How many chambers does a human heart have?
a) 2 Chambers b) 4 Chambers c) 6 Chambers d) 8 Chambers
- 2) The upper two chambers of heart are called
a) Left and Right Atrium b) Top and Bottom Atria c) Front and Back Atria
d) Left and Right Ventricles
- 3) The lowers two chambers of the Heart are called
a) Top and Bottom Ventricles b) Front and Back Ventricles c) Left and Right Ventricles
d) Up and down Ventricles
- 4) Which of the following instrument is used to listen to the heart beat?
a) Microphone b) Endoscope c) Stethoscope d) Periscope
- 5) Which of the following blood vessels bring oxygenated blood from the lungs to the heart?
a) Pulmonary Veins b) Pulmonary Arteries c) Renal Art d) Renal Vein
- 6) 7. Which of the following blood vessels carry blood from the heart to the kidneys?
a) Pulmonary Artery b) Pulmonary Vein c) Renal Artery d) Renal Vein
- 7) 8. Which nutrient is our body's main source of energy?
a) Fat b) Protein c) Carbohydrates d) Water
- 8) Why do we need to eat balanced diet?
a) To give us energy b) in order for our bodies to function properly c) to help us grow
d) all of the above
- 9) What does Malnutrition mean?
a) A person is not eating properly b) undernutrition or overnutrition c) someone is starved
d) someone is eating too much
- 10) Why are fruits and vegetables important?
a) They give us energy b) they provide us with a wide variety of vitamins, minerals and nutrients
c) They are colourful d) they are easily available
- 11) Why are food containing starch and carbohydrates important?
a) They help us grow b) they stop us from getting overweight
c) they are easy to cook d) they give us energy and fill us up



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- 12) Which of the following is NOT a primary component of a balanced diet?
- a) Fruits and vegetables b) lean protein sources c) whole grains d) processed foods
- 13) Adolescents need extra energy and protein in their diet due to rapid growth and bodily changes. Which of the following would you recommend to provide this?
- a) Extra snacks between meals b) extra chips c) more chocolate d) more tv time
- 14) In adulthood, energy needs should balance with diet to prevent weight gain. Why is this?
- a) Because they have stopped growing b) because they may not need as much food
c) because they may not be as active d) because they are working
- 15) . What can a balanced diet help prevent?
- a) Illness b) appetite c) growth d) malnutrition
- 16) The sound of your heart beating-lub-dub- is the sound of the _____
- a. Valves closing b. valves opening c. valves expanding d. valves contracting
- 17) You should not use your thumb to check your pulse, because _____
- a. Your thumb is too big to feel the pulse
b. Your thumb is fat and short
c. Your thumb has a pulse of its own
d. Your thumb has the biggest bone amongst the others
- 18) Your blood has a difficult journey from your legs to your heart, because _____
- a. It is fighting gravity b. the distance is far c. the legs is always on motion d. the legs is muscular
- 19) The pressure of your blood against the arteries is called _____
- a. Peer pressure b. blood pressure c. arthritis d. pressure group
- 20) When your heart contracts, the pressure is _____ when your heart is relaxing.
- a. Less than b. equal to c. greater than d. constant with
- 21) A strong heart helps _____ blood pressure.
- a. Increase b. maintains c. pumps d. lower
- 22) _____ blood pressure puts extra strain on the heart and the blood vessels.
- a. Low b. high c. medium d. average



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- 23) The blood circulates better when one _____
- a) Eat regularly b) bathe frequently with warm water c) exercise regularly
- d) sleep more
- 24) Regular aerobic exercise _____ the heart to pump more blood with each contraction, allowing it to beat less often.
- a) strengthens b) weaken c) stresses d) forces
- 25) The rate your pulse must reach and keep for 20 to 30 minutes in order to benefit your heart, lungs and blood vessels is called _____
- 26) White blood cell and _____ are germ fighter.
- a. Cardiovascular b. oxygen c. heart d. platelets
- 27) The colour of blood in the veins is _____
- a. Blue b. ribcage c. red d. away
- 28) Red blood cells transport _____
- a. Bone marrow b. oxygen c. carbon dioxide d. water
- 29) A blood clot on your skin is called _____
- a. Scalp b. scab c. scap d. scratch
- 30) If the body does not have enough vitamin K, the blood will not _____ even from a small cut or scratch.
- a. cloth properly b. heal properly c. clot properly d. grow properly
- 31) In order to keep your body supplied with nutrients and oxygen, the cardiac muscle contracts around _____ times a minute.
- a. 90 b. 85 c. 150 d. 67
- 32) The right atrium receives blood containing _____
- a. Dissolved carbon dioxide b. dissolved oxygen c. raw air
- d. digested food nutrient



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33) Blood purification takes place in _____.

- a. Heart b. small intestine c. kidney d. lungs

34) The continuous flow of blood around and around the body is called _____

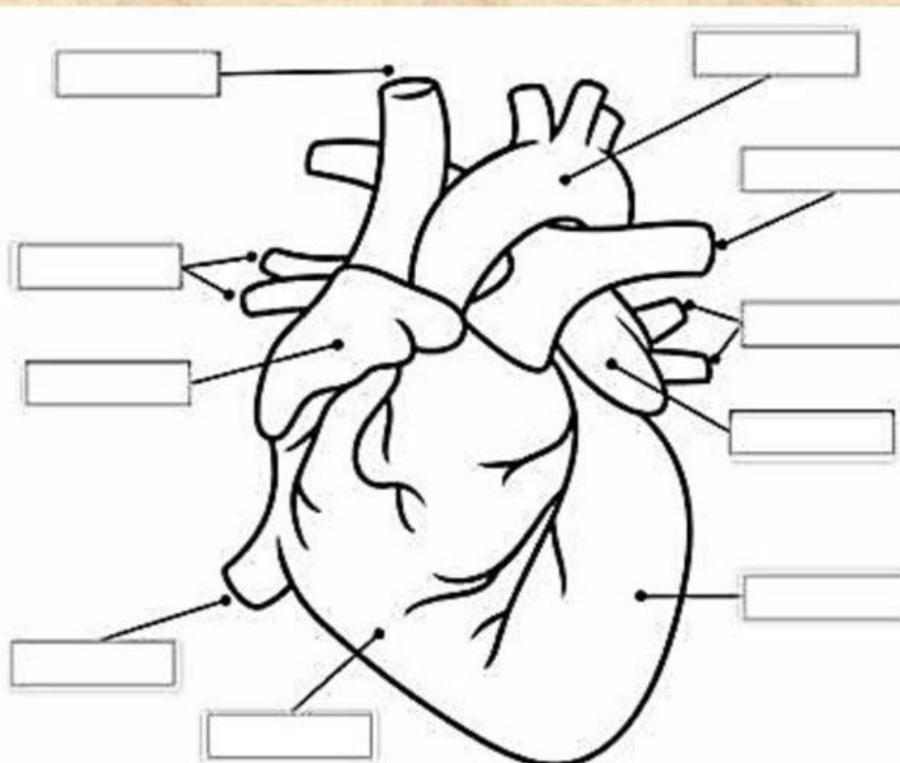
- a. Transportation b. Respiration c. circulation d. reproduction

35) The expanding of the arteries after each heartbeat is called a _____

- a. Pulse b. Pause c. Plus d. expansion

36) Sleep _____ the heart while excitement and exercise _____ it up.

37) Use the words in the box below and label the diagram appropriately.



PARTS OF THE HEART

left atrium	left ventricle	inferior vena cava	aorta
pulmonary vein	pulmonary vein	superior vena cava	
right atrium	right ventricle	pulmonary artery	