



INSPIRED TOTS EARLY LEARNING CENTRE

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THIRD TERM ASSESSMENT 2024/2025 SESSION

5TH GRADE

NAME

Health Education

1. What does social acceptance primarily refer to in the context of health and well-being?
 - a) . Physical fitness and strength
 - b) . The degree to which an individual is accepted and valued by peers
 - c) . Knowledge about healthy lifestyle choices
 - d) . Ability to participate in sports competitions
2. Which of the following is a positive way to promote social acceptance among peers?
 - a) . Ignoring others' feelings
 - b) . Respecting and valuing diverse opinions and backgrounds
 - c) . Excluding someone who is different
 - d) . Criticizing others for their differences
3. Why is social acceptance important for mental health?
 - a) . It increases physical strength
 - b) . It reduces feelings of loneliness and boosts self-esteem
 - c) . It guarantees academic success
 - d) . It ensures better athletic performance
4. Which of the following behaviors can help build social acceptance in a group?
 - a) . Being empathetic and supportive
 - b) . Spreading rumors about others
 - c) . Ignoring team members' contributions
 - d) . Showing favoritism to certain individuals
5. In a health and physical education setting, how can teachers promote social acceptance among students?
 - a) . By encouraging teamwork and cooperation
 - b) . By rewarding only the best players
 - c) . By focusing solely on individual achievements
 - d) . By discouraging participation from shy student
6. What is one potential consequence of social rejection in adolescents?
 - a) . Improved athletic skills
 - b) . Increased self-confidence
 - c) . Feelings of depression and social withdrawal
 - d) . Enhanced academic performance
7. Which factor can influence social acceptance among peers?
 - a) . Physical appearance alone
 - b) . Kindness and good communication skills
 - c) . Academic grades only



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- d) . Age differences only
8. How can involvement in team sports promote social acceptance?
- a) . By fostering competition only
 - b) . By encouraging collaboration and mutual support
 - c) . By emphasizing individual achievement over teamwork
 - d) . By isolating players from each other
9. Which strategy is effective in reducing bullying and promoting social acceptance?
- a) . Ignoring bullying incidents
 - b) . Promoting awareness and teaching respect for others
 - c) . Supporting aggressive behavior
 - d) . Discouraging open communication
10. Why is social acceptance important?
- a) It helps people feel lonely
 - b) It encourages conflict
 - c) It promotes happiness and belonging
 - d) It causes social problems
11. Which of these promotes social acceptance?
- a) Teasing others
 - b) Respecting differences
 - c) Ignoring classmates
 - d) Excluding others
12. What feeling is common when someone is socially accepted?
- a) Sadness
 - b) Confidence
 - c) Anger
 - d) Fear
13. What is a consequence of social rejection?
- a) Increased confidence
 - b) Feelings of loneliness
 - c) Happiness
 - d) better friendships
14. Which behavior shows respect, promoting social acceptance?
- a) Listening when others speak
 - b) Interrupting others
 - c) Ignoring classmates
 - d) Making fun of others
15. Which of the following is **NOT** a way to show social acceptance?



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- a) Complimenting others
 - b) Being kind
 - c) Ignoring someone's feelings
 - d) Sharing with friends
16. When someone is socially accepted, they usually feel:
- a) Left out
 - b) Belonging
 - c) Confused
 - d) Alone
17. Why is it important to accept people who are different from us?
- a) To create conflicts
 - b) To promote understanding and harmony
 - c) To make fun of them
 - d) To exclude them
18. What role do teachers play in social acceptance?
- a) They ignore students
 - b) They promote inclusive activities
 - c) They only focus on academics
 - d) They discourage friendship
19. Which is a good way to help someone who feels lonely?
- a) Invite them to join activities
 - b) Laugh at them
 - c) Ignore them
 - d) Tell others not to talk to them
20. How does social acceptance benefit society?
- a) It causes more problems
 - b) It promotes peace and cooperation
 - c) It encourages selfishness
 - d) It reduces friendships
21. What can you do to become more socially accepted?
- a) Be respectful and kind
 - b) Be rude to classmates
 - c) Ignore others
 - d) Avoid helping friends