



INSPIRED TOTS EARLY LEARNING CENTRE

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HEALTH EDUCATION FIRST TERM ASSESSMENT 2025/2026 SESSION

5<sup>TH</sup> GRADE

NAME

- 1) How many chambers does a human heart have?  
a) 2 Chambers    b) 4 Chambers    c) 6 Chambers    c) 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 blood vessels bring oxygenated blood from the lungs to the heart?  
a) Pulmonary Veins    b) Pulmonary Arteries    c) Renal Art    d) Renal Vein
- 5) 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
- 6) 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
- 7) 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
- 8) The pressure of your blood against the arteries is called \_\_\_\_\_  
a. Peer pressure    b. blood pressure    c. arthritis    d. pressure group
- 9) A strong heart helps \_\_\_\_\_ blood pressure.  
a. Increase    b. maintains    c. pumps    d. lower
- 10) \_\_\_\_\_ blood pressure puts extra strain on the heart and the blood vessels.  
a. Low    b. high    c. medium    d. average
- 11) The blood circulates better when one \_\_\_\_\_  
a) Eat regularly    b) bathe frequently with warm water    c) exercise regularly  
d) sleep more
- 12) 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
- 13) 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 \_\_\_\_\_
- 14) White blood cell and \_\_\_\_\_ are germ fighter.  
a. Cardiovascular    b. oxygen    c. heart    d. platelets
- 15) The colour of blood in the veins is \_\_\_\_\_  
a. Blue    b. ribcage    c. red    d. away
- 16) Red blood cells transport \_\_\_\_\_  
a. Bone marrow    b. oxygen    c. carbon dioxide    d. water



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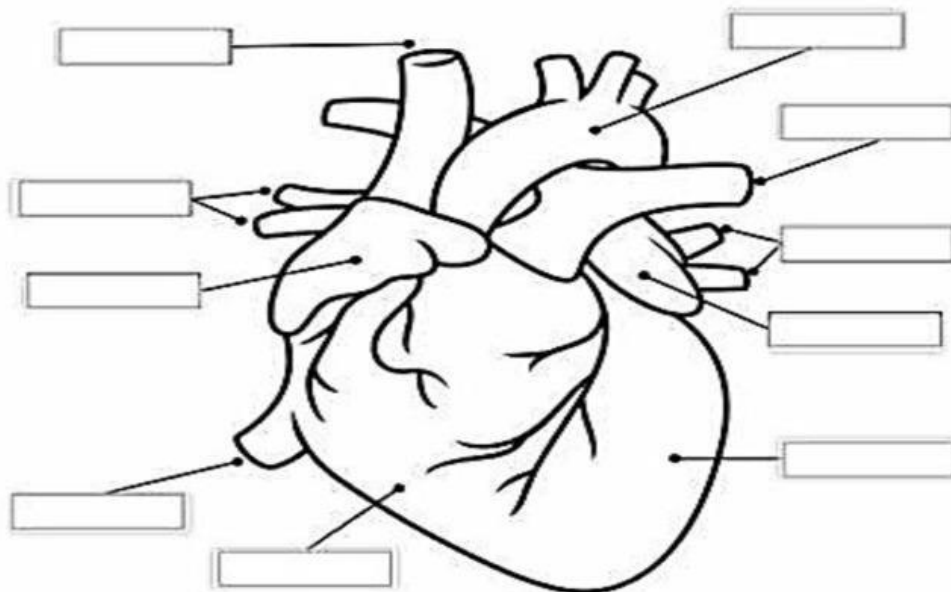
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- 17) A blood clot on your skin is called \_\_\_\_\_  
a. Scalp      b. scab      c. scap      d. scratch
- 18) In order to keep your body supplied with nutrients and oxygen, the cardiac muscle contracts around \_\_\_\_\_ times a minute.  
a. 90      b. 85      c. 150      d. 67
- 19) The right atrium receives blood containing \_\_\_\_\_  
a. Dissolved carbon dioxide      b. dissolved oxygen      c. raw air  
d. digested food nutrient
- 20) Blood purification takes place in \_\_\_\_\_.  
a. Heart      b. small intestine      c. kidney      d. lungs
- 21) The continuous flow of blood around and around the body is called \_\_\_\_\_.  
a. Transportation      b. Respiration      c. circulation      d. reproduction
- 22) The expanding of the arteries after each heartbeat is called a \_\_\_\_\_.  
a. Pulse      b. Pause      c. Plus      d. expansion
- 23) Sleep \_\_\_\_\_ the heart while excitement and exercise \_\_\_\_\_ it up.
- 24) 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	