

SARASAS PITTAYA SCHOOL

GRADE 5 HEALTH Semester 2

Part A. Multiple Choice – Choose the best answer.

1.) They are also known as energy giving food.

A. Protein B. Carbohydrates C. Fats D. Vitamins

2.) Which vitamin helps us to have a healthy skin?

A. Vitamin D B. Vitamin C C. Vitamin A D. Vitamin B

3.) Which of the following is not a source of carbohydrates?

A. noodles B. rice C. pasta D. fish

4.) They help us to build strong immune system and fight diseases.

A. Protein B. Carbohydrates C. Vitamins D. Sugar

5.) They are one of the most important minerals which help us to build strong bones and teeth.

A. Phosphorus and Calcium C. Potassium and Magnesium

B. Iron and Zinc D. Chloride and Copper

6.) Which vitamin is found in fruit such as lemons, mangoes and oranges?

A. Vitamin C B. Vitamin D C. Vitamin A D. Vitamin E

7.) They are found in food such as butter, fatty meat and oil.

A. Minerals B. Fats C. Protein D. Vitamins

8.) Which of the following does not belong to the group?

A. fish B. beef C. egg D. bread

9.) We need to _____ food to live and survive.

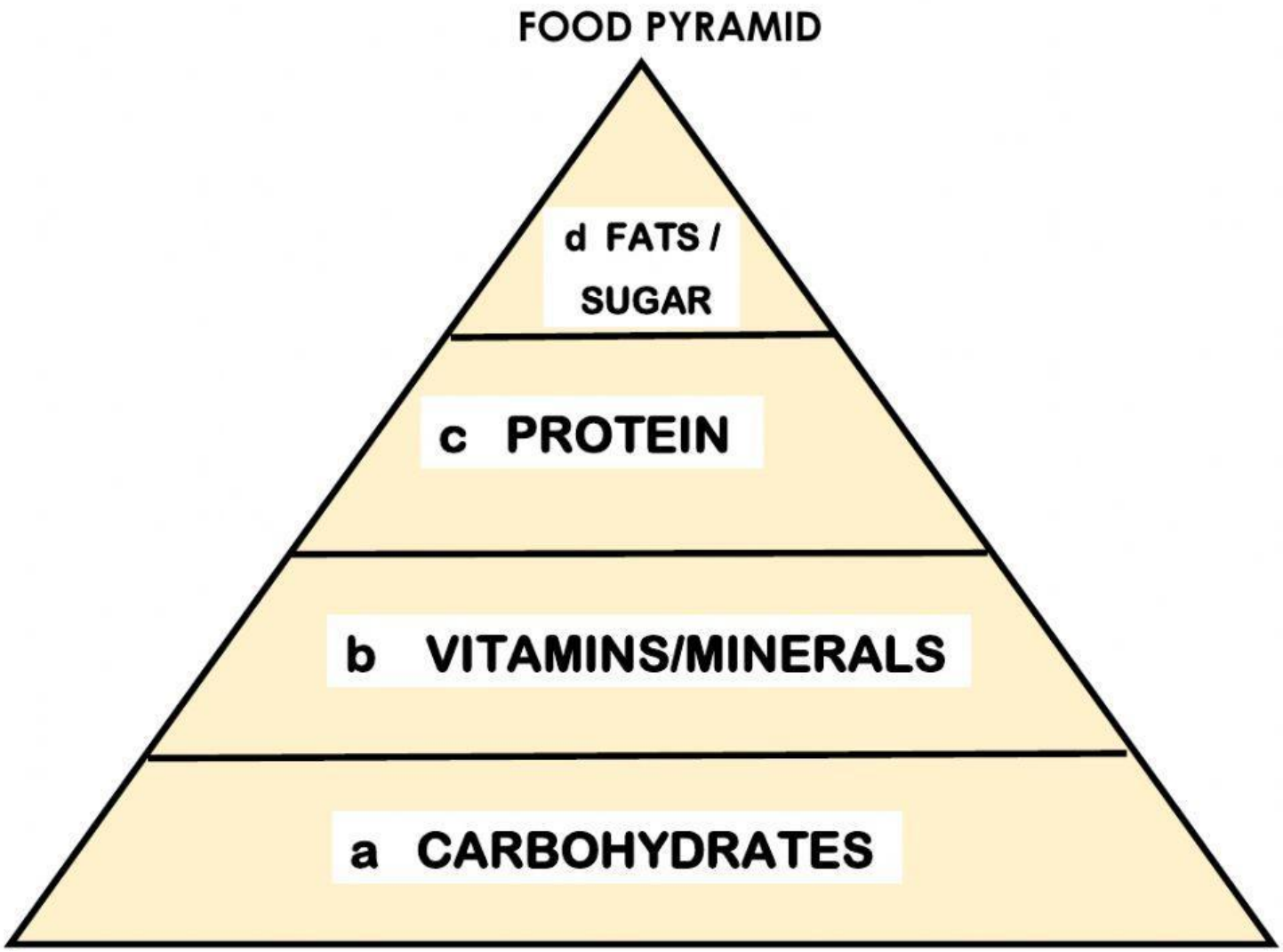
A. drink B. eat C. throw D. give

10.) Which of the following does not belong to the group?

A. noodles B. bread C. beans D. rice

LIVEWORKSHEETS

Part B. Put the following in the correct groups. **Write the letter only.**



Write the letter only.

1.) bread _____

2.) beef _____

3.) butter _____

4.) apples _____

5.) rice _____

6.) eggs _____

7.) chickens _____

8.) ice cream _____

LIVEWORKSHEETS