

INSPIRED TOTS EARLY LEARNING CENTER
SECOND TERM EXAMINATION 2023/2024 SESSION

Name _____ Class: 5th Grade Date: _____

Subject: **Health Education**

1. When we eat food, our body is provided with energy for _____ and _____.
a. Growth and action b. keeping warm and moving around
c. Doing household chores and playing d. defending ourselves and fighting back
2. The measurement of the amount of energy stored in food is _____.
a. Carbohydrate b. fats and oil c. Calories d. Metabolism
3. A good breakfast is important because _____.
a. We won't be hungry easily
b. it provides nourishment for the body after a long time without food.
c. we won't get to suffer ulcer d. we get to stay awake during classes.
4. It is a general rule that boys of age 9-12 require _____ more Calories a day than girls.
a. 1,000 b. 550 c. 300 d. 200
5. The foods that produce a lot of energy are _____.
a. Carbohydrates b. High-Calorie foods c. Starch d. Sugar
6. How does eating good breakfast helps the rate of your metabolism?
a. It lowers the rate of metabolism
b. It does not change the rate of metabolism
c. It keeps your rate of metabolism higher than if you did not eat
d. The metabolism rate is balanced.
7. The right kind of lunch will give you more energy to _____.
a. Think clearly b. to work hard c. to play d. all of the above
8. The process by which your body produces and uses energy from food is _____.
a. Balanced diet b. malnutrition c. metabolism d. osteoporosis

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9. When is best to eat sweet foods?
- a. At the end of a meal b. before meal c. when having your meal
d. Do not eat them at all
10. Everyone needs the same nutrients. **True** **False**
11. Everyone needs the same amount of nutrients. **True** **False**
12. Exercise reduces the rate of metabolism. **True** **False**
13. Fat that forms from over eating raises the blood cholesterol. **True** **False**
14. Obesity harms the heart. **True** **False**

SECTION B

Instruction: Your teeth have different jobs - each kind is necessary to chew your food well. Give the function of the following:

1. **INCISORS** _____
2. **CUSPIDS** _____
3. **BICUSPIDS** _____
4. **MOLARS** _____
5. At what age would you probably grow in the wisdom tooth? _____
6. Does a well-balanced diet affect your teeth in any way? How? _____
7. How many saliva pours are active as you chew your food and at what parts of the mouth can you locate them? _____
8. Before you even swallow food, your saliva begins the digestion of what class of food? _____
9. Why is it important that you always swallow the food in your mouth before you take a drink? _____
10. Why does your epiglottis close the opening to your trachea? _____