INSPIRED TOTS EARLY LEARNING CENTRE
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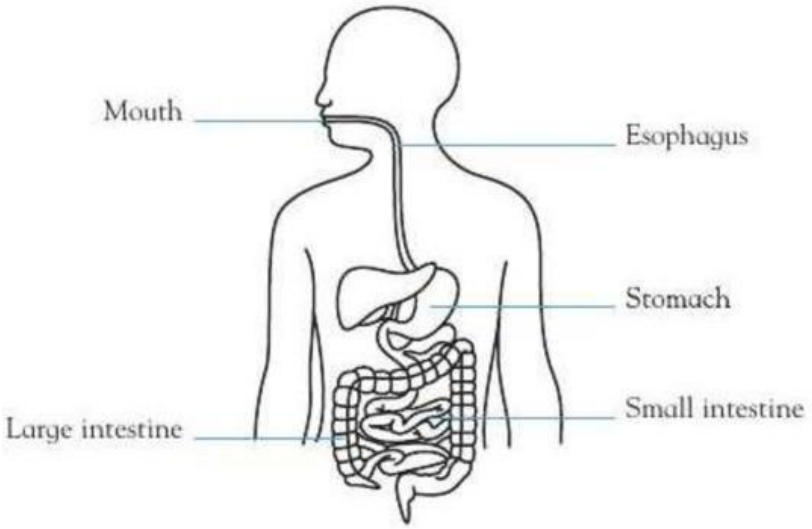
5th GRADE THIRD TERM EXAMINATION 2023/2024

NAME:

HEALTH EDUCATION

Use the words in the box to complete the sentences.

Esophagus	Large Intestine	Mouth	Small Intestine	Stomach



1. The digestion process begins in the _____, where food is chewed and mixed with saliva.
2. The _____ connects the mouth to the stomach.
3. The _____ contains an acid fluid that breaks down food.
4. The _____ is a long tube where nutrients from digested food pass into the bloodstream.
5. The _____ mixes water with food that you can't digest and turns it into waste.

6. You need to drink sufficient water even if you do not feel thirsty because it helps _____

a. prevents colds and diseases.
b. Carries nutrients.
c. The digestion of your food.
d. Carries wastes from your body

LIVEWORKSHEETS

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7. Which of the following gives the correct order for food as it passes through the organs of the digestive system?

a. Mouth, Oesophagus, Stomach, Gall bladder, Pancreas, Large intestine, Small intestine

b. Oesophagus, Epiglottis, Stomach, Liver, Small intestine, Large intestine, Anus

c. Mouth, Oesophagus, Stomach, Small intestine, Large intestine, Anus

d. Mouth, Liver, Gall bladder, Stomach, Large intestine, Small intestine, Anus

8. 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

9. The measurement of the amount of energy stored in food is _____

   a. Carbohydrate b. fats and oil c. Calories d. Metabolism

10. 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.

11. 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

12. The foods that produce a lot of energy are _____

   a. Carbohydrates b. High-Calorie foods c. Starch d. Sugar

13. 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 metabolismc.
   c. it keeps your rate of metabolism higher than if you did not eat
   d. the metabolism rate is balanced.

14. 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

15. 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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16. 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

17. Digestive System

Draw a line from the organ to its correct function.


stomach


tongue


kidneys


liver


pancreas


large intestine


small intestine

tastes food and helps move it to the back of the mouth so it can be swallowed

breaks down food with a mixture of special acids and enzymes

absorbs nutrients from the broken-down food

forms the broken-down food into poo

creates the enzymes that are used in the small intestines, to further break down food

cleans out toxins in the blood that goes around the body, and creates bile which helps further break down food in the small intestines

removes waste from the blood and makes urine

18. Everyone needs the same nutrients. **True/False**

19. Everyone needs the same amount of nutrients. **True/False**

20. Exercise reduces the rate of metabolism. **True/False**

21. Fat that forms from over eating raises the blood cholesterol. **True/False**

22. Obesity harms the heart. **True/False**

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23. Look at the formation of the players of a basketball team. Name the two positions below.



24. Look at the uniform worn by a football player.



a) Which of these items is worn for safety reasons?

_____

b) What should not be worn by football players?

_____

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25. Look at the picture of a volleyball game.



a) How many officials are needed for a volleyball game?

_____

b) How many times can one team hit the ball before it must be returned over the net?

_____

c) Which way do the team rotate to serve?

_____

26. Copy and complete the sentences below using the words in the box.

one	hitch-kick	shovel	head	foul	hang	three
		leap	sand	sail		

a) The long jump is an event in which the athlete tries to _____ as far as possible.

b) The athlete must take off from _____ leg before or on the _____ line.

c) There are _____ main types of long jump.

d) These are the _____, _____ and the _____.

e) Before an athlete starts, the _____ landing pit should be raked.

f) It should also be checked to make sure the sand is one _____ deep.

LIVEWORKSHEETS