



INSPIRED TOTS EARLY LEARNING CENTRE

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SECOND TERM EXAMINATION 2024/2025 SESSION

5TH GRADE

NAME

Health Education

- 1) Which of the following food products is an example of unsaturated fats?
a. Fish oils b. palm oil c. coconut oil d. animal fats
- 2) Which of the following mineral functions by building strong bones and teeth?
a. Iodine b. calcium c. iron d. sodium
- 3) Which of the following food components does not provide any nutrients?
a. Milk b. water c. fruit juice d. vegetable soup
- 4) Which mineral helps give red blood cells their colour? _____
- 5) The food we eat helps us to grow and develop. What other benefits do we get from eating food?
a. Food poisoning b. we grow fat c. we feel warm after eating d. nourishment and energy
- 6) All foods contain moisture-some contain a great deal, some just a little. The solid (non-moist) part of food is made up mostly of _____
a. Carbohydrates, fats and protein b. minerals, fibre and vitamins
c. fats, water and protein d. carbohydrates, unsaturated fats and trace elements
- 7) A diet that contains all the nutrients necessary to keep you healthy is considered to be _____
a. _____
a. Fruits and vegetable b. balanced food c. balanced diet
d. carbohydrates and protein
- 8) Foods containing similar nutrients have been grouped together by nutritionist to help you eat a balanced diet. Such grouping of foods is called _____
a. Food guide pyramid b. vegetables c. Calories d. balance diet
- 9) Your body changes carotene into which type of vitamin?
a. Vitamin A b. Vitamin B c. Vitamin C d. Vitamin D
- 10) Why does your body need extra protein?
a. Because so much of your body is made largely of protein
b. To fight the infection and heal itself
c. So that you can grow faster
d. Because it takes time to digest
- 11) How many cups of vegetables do you need to eat each day? _____
- 12) Your body needs from _____ to _____ ounces of grains each day.
- 13) Fats that are liquid at room temperature are called _____
- 14) Which is usually difficult to digest? Saturated fats ☐ Unsaturated fats ☐
- 15) Short chains carbohydrates are called _____ carbohydrates; very long chains are called _____
- 16) Your body changes the starch from carbohydrates into _____ and releases the energy stored in it.
- 17) Over half of the food you eat should be in the form of _____.
- 18) A water-soluble vitamin that you need daily is _____.
- 19) Eight different vitamins that work together are _____.
- 20) The sunshine vitamin is called _____.



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Instruction: Complete questions 21 to 26 below using the words in the box.

Fitness instructors sleep mental weight
nutrients hygiene repair

- 21) To look after our personal health, we need to take care of our physical, _____ and emotional needs.
- 22) A healthy balanced diet ensures that we get all the correct _____
- 23) It is important to get enough _____ so the body can grow and _____ itself.
- 24) A healthy balanced diet and exercise help maintain a healthy _____
- 25) People who help us to maintain personal health include doctors, dentist, opticians and _____
- 26) Good personal _____ is also important for personal health

Instruction: Complete questions 27 to 31 below using the words in the box

mgba Dambe board indigenous six Kokowa

- 27) Traditional games which are played where they were invented are known as _____ games.
- 28) _____ is a traditional boxing game.
- 29) _____ and _____ are traditional wrestling games.
- 30) Langa is a game played by two teams of _____ players.
- 31) Ayo is a traditional _____ game.
- 32) What type of game is Ayo? _____
- 33) What equipment is needed to play Ayo? _____
- 34) What skill is required to play the Ayo game? _____
- 35) How many seeds are placed in each indentation at the start of the Ayo game? _____
- 36) Name two indigenous wrestling games
- I. _____
- II. _____
- 37) Name three traditional playground games
- I. _____
- II. _____
- III. _____



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- 38) Use the words in the box to label each part of the tooth below.

Dentine root enamel crown

