

**INSPIRED TOTS EARLY LEARNING CENTRE**

Joseph Akande Close, New Haven Rantya,
State Low-cost, Jos Plateau State

Cellphone: 08068681147, 08064937490, email: inspiredtelc@gmail.com

THIRD TERM ASSESSMENT 2024/2025 SESSION5TH GRADENAME **Health Education**

1. What does social acceptance primarily refer to in the context of health and well-being?
 - a) Physical fitness and strength
 - b) The degree to which an individual is accepted and valued by peers
 - c) Knowledge about healthy lifestyle choices
 - d) Ability to participate in sports competitions
2. Which of the following is a positive way to promote social acceptance among peers?
 - a) Ignoring others' feelings
 - b) Respecting and valuing diverse opinions and backgrounds
 - c) Excluding someone who is different
 - d) Criticizing others for their differences
3. Why is social acceptance important for mental health?
 - a) It increases physical strength
 - b) It reduces feelings of loneliness and boosts self-esteem
 - c) It guarantees academic success
 - d) It ensures better athletic performance
4. Which of the following behaviors can help build social acceptance in a group?
 - a) Being empathetic and supportive
 - b) Spreading rumors about others
 - c) Ignoring team members' contributions
 - d) Showing favoritism to certain individuals
5. In a health and physical education setting, how can teachers promote social acceptance among students?
 - a) By encouraging teamwork and cooperation
 - b) By rewarding only the best players
 - c) By focusing solely on individual achievements
 - d) By discouraging participation from shy student
6. What is one potential consequence of social rejection in adolescents?
 - a) Improved athletic skills
 - b) Increased self-confidence
 - c) Feelings of depression and social withdrawal
 - d) Enhanced academic performance
7. Which factor can influence social acceptance among peers?
 - a) Physical appearance alone
 - b) Kindness and good communication skills
 - c) Academic grades only



INSPIRED TOTS EARLY LEARNING CENTRE

Joseph Akande Close, New Haven Rantya,

State Low-cost, Jos Plateau State

Cellphone: 08068681147, 08064937490, email: inspiredtelc@gmail.com

THIRD TERM ASSESSMENT 2024/2025 SESSION

5TH GRADE

NAME

d) . Age differences only

8. How can involvement in team sports promote social acceptance?

- a) . By fostering competition only
- b) . By encouraging collaboration and mutual support
- c) . By emphasizing individual achievement over teamwork
- d) . By isolating players from each other

9. Which strategy is effective in reducing bullying and promoting social acceptance?

- a) . Ignoring bullying incidents
- b) . Promoting awareness and teaching respect for others
- c) . Supporting aggressive behavior
- d) . Discouraging open communication

10. Why is social acceptance important?

- a) It helps people feel lonely
- b) It encourages conflict
- c) It promotes happiness and belonging
- d) It causes social problems

11. Which of these promotes social acceptance?

- a) Teasing others
- b) Respecting differences
- c) Ignoring classmates
- d) Excluding others

12. What feeling is common when someone is socially accepted?

- a) Sadness
- b) Confidence
- c) Anger
- d) Fear

13. What is a consequence of social rejection?

- a) Increased confidence
- b) Feelings of loneliness
- c) Happiness
- d) better friendships

14. Which behavior shows respect, promoting social acceptance?

- a) Listening when others speak
- b) Interrupting others
- c) Ignoring classmates
- d) Making fun of others

15. Which of the following is NOT a way to show social acceptance?



INSPIRED TOTS EARLY LEARNING CENTRE

Joseph Akande Close, New Haven Rantya,
State Low-cost, Jos Plateau State

Cellphone: 08068681147, 08064937490, email: inspiredtelc@gmail.com

THIRD TERM ASSESSMENT 2024/2025 SESSION

5TH GRADE

NAME

- a) Complimenting others
- b) Being kind
- c) Ignoring someone's feelings
- d) Sharing with friends

16. When someone is socially accepted, they usually feel:

- a) Left out
- b) Belonging
- c) Confused
- d) Alone

17. Why is it important to accept people who are different from us?

- a) To create conflicts
- b) To promote understanding and harmony
- c) To make fun of them
- d) To exclude them

18. What role do teachers play in social acceptance?

- a) They ignore students
- b) They promote inclusive activities
- c) They only focus on academics
- d) They discourage friendship

19. Which is a good way to help someone who feels lonely?

- a) Invite them to join activities
- b) Laugh at them
- c) Ignore them
- d) Tell others not to talk to them

20. How does social acceptance benefit society?

- a) It causes more problems
- b) It promotes peace and cooperation
- c) It encourages selfishness
- d) It reduces friendships

21. What can you do to become more socially accepted?

- a) Be respectful and kind
- b) Be rude to classmates
- c) Ignore others
- d) Avoid helping friends