



INSPIRED TOTS EARLY LEARNING CENTRE

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HEALTH EDUCATION THIRD TERM EXAMINATION 2024 2025

5TH GRADE

NAME _____

1. 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.
2. 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.
3. The right kind of **lunch** will give you more energy _____.
 - a. Think clearly
 - b. to work hard
 - c. to play
 - d. all of the above
4. The process by which your **body produces and uses energy** from food is _____.
 - a. Balanced diet
 - b. malnutrition
 - c. metabolism
 - d. osteoporosis
5. 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
6. 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
7. 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
8. 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
9. 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



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10. In a health and physical education setting, how can **teachers promote social acceptance among students?**

- By encouraging teamwork and cooperation
- By rewarding only the best players
- By focusing solely on individual achievements
- By discouraging participation from shy student

11. What is one **potential consequence of social rejection** in adolescents?

- Improved athletic skills
- Increased self-confidence
- Feelings of depression and social withdrawal
- Enhanced academic performance

12. Which factor can **influence social acceptance among peers?**

- Physical appearance alone
- Kindness and good communication skills
- Academic grades only
- Age differences only

13. How can involvement in **team sports promote social acceptance?**

- By fostering competition only
- By encouraging collaboration and mutual support
- By emphasizing individual achievement over teamwork
- By isolating players from each other

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

- Ignoring bullying incidents
- Promoting awareness and teaching respect for others
- Supporting aggressive behavior
- Discouraging open communication

15. Why is **social acceptance important?**

- It helps people feel lonely
- It encourages conflict
- It promotes happiness and belonging
- It causes social problems

16. Which of these **promotes social acceptance?**

- Teasing others
- Respecting differences
- Ignoring classmates
- Excluding others



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17. What **feeling** is common when someone is **socially accepted**?

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

18. What is a **consequence of social rejection**?

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

19. Which **behavior** shows **respect**, promoting social acceptance?

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

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

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

21. When someone is **socially accepted**, they usually feel:

- a. Left out
- b. Like they belong
- c. Confused
- d. Alone

22. 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

23. 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



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24. 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

25. 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

26. 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

27. Which of the following **food products** is an example of unsaturated fats?

- a. Fish oils
- b. palm oil
- c. coconut oil
- d. animal fats

28. Which of the following **mineral functions** by building strong bones and teeth?

- a. Iodine
- b. calcium
- c. iron
- d. sodium

29. Which of the following **food components** does not provide any nutrients?

- a. Milk
- b. water
- c. fruit juice
- d. vegetable soup

30. Which **mineral** helps give red blood cells their colour? _____

31. 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 cold after eating
- d. nourishment and energy

32. 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

33. Foods containing **similar nutrients** have been grouped together by nutritionist to help you eat a balanced diet is called _____

- a. Food guide pyramid
- b. vegetables
- c. Calories
- d. balance diet

34. Your body changes **carotene** into which type of vitamin?

- a. Vitamin A
- b. Vitamin B
- c. Vitamin C
- d. Vitamin D



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35. 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

36. Fats that are **liquid at room temperature** are called _____

37. Which is usually **difficult to digest**?

- a. Saturated fats
- b. Unsaturated fats

38. **Short chain carbohydrates** are called _____ **carbohydrates: very long chains** are called _____

39. A **water-soluble vitamin** that you need daily is _____

40. Eight different vitamins that work together are _____.

41. The **sunshine vitamin** is called _____.

42. What lead to **attitudes**?

43. What is the **greatest test of thoughtfulness**?

44. What is **loneliness often a sign of**?

45. What **two offensive weapons** can help a Christian fight Satan's attack?