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?
    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
11. 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
12. Which factor can **influence social acceptance among peers**?
    a. Physical appearance alone
    b. Kindness and good communication skills
    c. Academic grades only
    d. Age differences only
13. 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
14. 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
15. 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
16. Which of these **promotes social acceptance**?
    a. Teasing others
    b. Respecting differences
    c. Ignoring classmates
    d. 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?

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