

Name: _____ Grade 6/ ____ No: ____

1. Which of these is the female reproductive organ?
A. ovary B. scrotum C. sperm D. testes
2. What happens when fertilization occur?
A. The sperm dies. C. The egg returns to the ovary.
B. The egg dies. D. The sperm and egg unite.
3. Which of these changes happens to a boy during puberty?
A. His breast becomes bigger. C. His teeth begin to grow.
B. His voice becomes deeper. D. His hips become wider.
4. Which of these is a good personal hygiene practice?
A. Change underwear as often as possible. C. Hang underwear anywhere
B. Change underwear every week. D. Flush sanitary napkin in the sink
5. Which of the following will happen to the egg after fertilization?
A. It becomes a new human being. C. It forms another egg cell.
B. It melts and dies. D. It breaks slowly.
6. How many chambers does the heart have?
A. 5 B. 4 C. 2 D. 1
7. Which of the following is not part of the circulatory system?
A. hair B. arteries C. heart D. veins
8. What is the smallest blood vessels in our body?
A. capillaries B. veins C. arteries D. platelets
9. Which component of the blood defends the body from diseases?
A. Red blood cells B. Platelets C. White blood cells D. Plasma
10. Which can keep your heart strong?
 1. Eating heart-shaped candy
 2. Doing activities like playing outside, riding your bike, and swimming.
 3. Smoking
 4. Sleeping 18 hours a day.
11. Which is a function of the respiratory system?
A. to break down food C. supply the blood with oxygen
B. circulate the blood D. to reproduce

12. When you breathe in air, you bring oxygen into your lungs and blow out ____.
- A. Carbon B. Carbon Dioxide C. Nitrogen D. Oxygen
13. What is the average menstrual cycle?
- A. 14 days B. 24 days C. 28 days D. 45 days
14. What muscle allows you to breathe in and out?
- A. tongue B. skull C. heart D. diaphragm
15. The process of taking in air in to the lungs is called ____.
- A. Exhalation B. Evaporation C. Inhalation D. Relaxation
16. Which is **NOT** good for the lungs?
- A. exercising B. singing C. smoking D. swimming
17. Which of the following is a key to a happy life?
- A. Having a good family relationship
B. Having new toys every week
C. Going to the cinema every week
D. Eating delicious foods every day
18. What should we do to our friends?
- A. We should not encourage our friends
B. We should fight with our friends especially if they are at fault.
C. We should share things with our friends and do not be selfish.
D. We don't need to be polite to our friends.
19. Which of the following situations builds good relationship with other people?
- A. Jack blames his friends for losing in a football match in the school
B. Tan enjoyed laughing at the students from the other school who lose the game.
C. Aote sells expired canned goods.
D. Pobtham helped an old man to cross the street.
20. Which of the following does **NOT** show good teamwork?
- A. Alice listens and respects her group members' opinion.
B. Everyone is doing their best.
C. Plan and organize.
D. Er-chai plays on her phone while her group mates are busy doing their work.

21. Which of the following is **a risky behavior**?
- A. drinking alcohol C. going to the cinema with your family
B. visiting your friends D. going to the mall to meet some friends
22. Why is premarital sex harmful and very risky?
- A. you can gain a lot of friends C. it can lead to unplanned pregnancy
B. it can lead to good health D. it can lead to getting good grades
23. Which of the following is **NOT** an example of **Risky Behavior**?
- A. accepting a ride from strangers C. drunk driving
B. Wearing decent clothes D. travelling in a train alone
24. If your friend of the opposite sex invites you in their house alone, what should you do?
- A. visit during night time
B. refuse his/her offer
C. go when nobody is around
D. wear short pants and sleeveless when you go there
25. Which situation or behavior can lead to early sexual activity?
- A. playing sports or listen to music with your friends
B. Travelling alone with the opposite sex
C. Refusing to accept food or drinks from strangers
D. Keeping a certain distance with the opposite sex
26. We should share things to our friends including our food, cell phones, toothbrush and do not be selfish. A. True B False
27. We DON'T need to apologize when we make mistakes and be willing to forgive. A. True B False
28. Treating others with courtesy, respect, and consideration is a good way to build relationship with other people. A. True B False
29. Drinking alcohol and doing drugs are examples of risky behaviors. A. True B False
30. Reading or surfing the internet for pornographic materials will lead to early sexual activities. A. True B False