



SARASAS PITTAYA SCHOOL
GRADE 5 HEALTH Semester 2



Part A. Multiple Choice – Choose the best answer.

1.) They are also known as energy giving food.

- A. Protein B. Carbohydrates C. Fats D. Vitamins

2.) Which vitamin helps us to have a healthy skin?

- A. Vitamin D B. Vitamin C C. Vitamin A D. Vitamin B

3.) Which of the following is not a source of carbohydrates?

- A. noodles B. rice C. pasta D. fish

4.) They help us to build strong immune system and fight diseases.

- A. Protein B. Carbohydrates C. Vitamins D. Sugar

5.) They are one of the most important minerals which help us to build strong bones and teeth.

- A. Phosphorus and Calcium C. Potassium and Magnesium
B. Iron and Zinc D. Chloride and Copper

6.) Which vitamin is found in fruit such as lemons, mangoes and oranges?

- A. Vitamin C B. Vitamin D C. Vitamin A D. Vitamin E

7.) They are found in food such as butter, fatty meat and oil.

- A. Minerals B. Fats C. Protein D. Vitamins

8.) Which of the following does not belong to the group?

- A. fish B. beef C. egg D. bread

9.) We need to _____ food to live and survive.

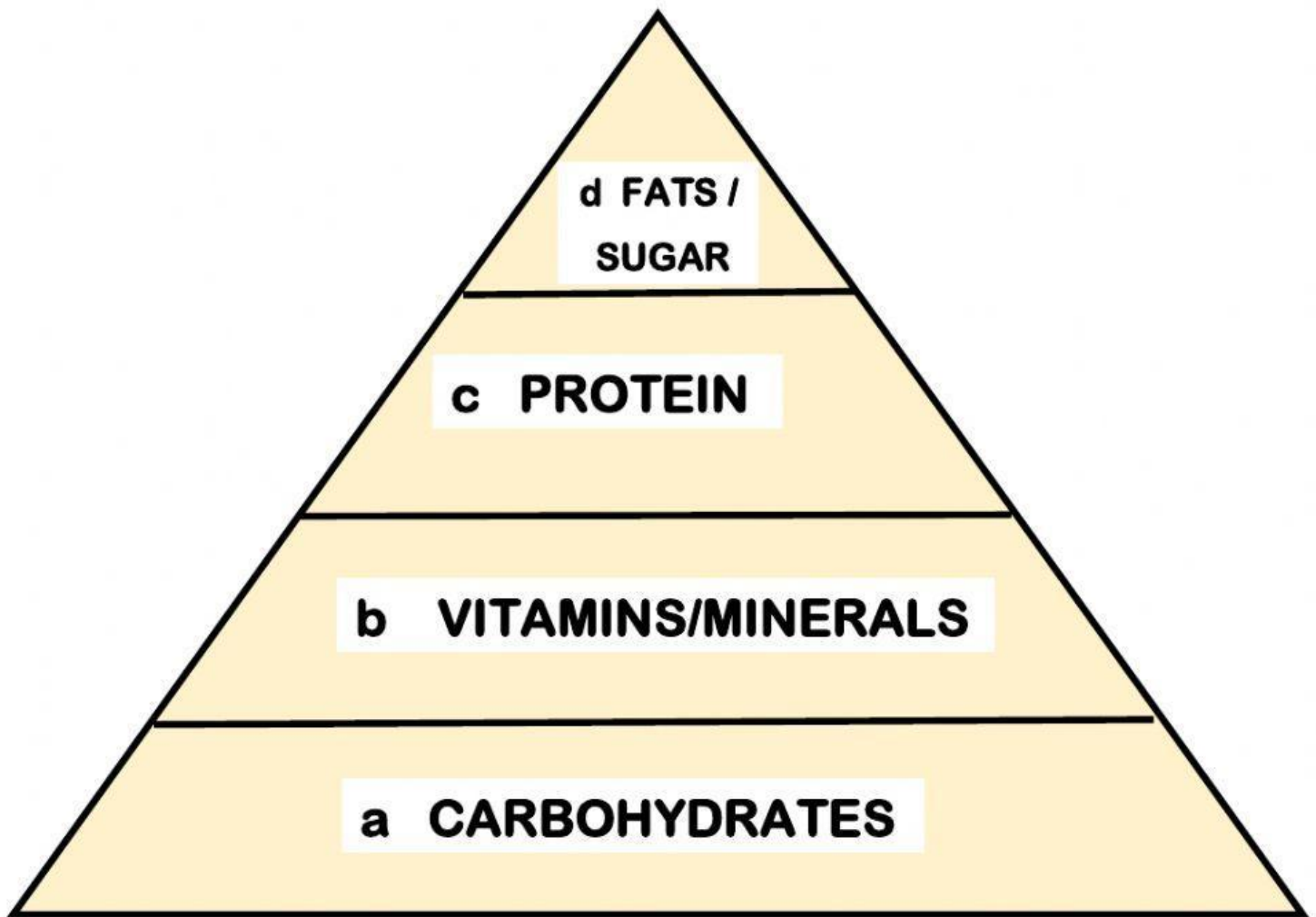
- A. drink B. eat C. throw D. give

10.) Which of the following does not belong to the group?

- A. noodles B. bread C. beans D. rice

Part B. Put the following in the correct groups. **Write the letter only.**

FOOD PYRAMID



Write the letter only.

1.) bread _____

5.) rice _____

2.) beef _____

6.) eggs _____

3.) butter _____

7.) chickens _____

4.) apples _____

8.) ice cream _____