



INSPIRED TOTS EARLY LEARNING CENTRE

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HEALTH EDUCATION FIRST TERM ASSESSMENT 2024/2025 SESSION

5TH GRADE

NAME

Instruction: Complete the sentences using the words in the box.

blood

heart

oxygen

lungs

blood vessels

- 1) The _____ is a muscle about the size of your fist.
- 2) It pumps _____ throughout your body all the time through _____
- 3) When blood is pumped throughout your body, it contains _____ and other substances.
- 4) After blood has moved throughout your body, it is pumped to your _____, where it collects more oxygen.
- 5) Match each blood vessel with its correct feature.

Vein

very thick walls

Artery

very thin walls

Capillary

carries blood to the heart

- 6) White blood cell and _____ are germ fighter.
 - a. Cardiovascular
 - b. oxygen
 - c. heart
 - d. platelets
- 7) The colour of blood in the veins is _____.
 - a. Blue
 - b. ribcage
 - c. red
 - d. away
- 8) Red blood cells transport _____.
 - a. Bone marrow
 - b. oxygen
 - c. carbon dioxide
 - d. water
- 9) A blood clot on your skin is called _____.
 - a. Scalp
 - b. scab
 - c. scap
 - d. scratch
- 10) If the body does not have enough vitamin K, the blood will not _____ even from a small cut or scratch.
 - a. cloth properly
 - b. heal properly
 - c. clot properly
 - d. grow properly



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- 11) In order to keep your body supplied with nutrients and oxygen, the cardiac muscle contracts around _____ times a minute.
a. 90 b. 85 c. 150 d. 67
- 12) The right atrium receives blood containing _____.
a. Dissolved carbon dioxide b. dissolved oxygen c. raw air
d. digested food nutrient
- 13) Blood purification takes place in _____.
a. Heart b. small intestine c. kidney d. lungs
- 14) The continuous flow of blood around and around the body is called _____.
a. Transportation b. Respiration c. circulation d. reproduction
- 15) The expanding of the arteries after each heartbeat is called a _____.
a. Pulse b. Pause c. Plus d. expansion
- 16) Sleep _____ the heart while excitement and exercise _____ it up.

INSTRUCTION: Label the four chambers of the heart. Use the words in the box to help you.

right atrium

left ventricle

left atrium

right ventricle

