



INSPIRED TOTS EARLY LEARNING CENTRE

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SECOND TERM ASSESSMENT 2024/2025 SESSION

5TH GRADE

NAME

Health Education

- 1) Which of the following food products is an example of unsaturated fats?
a. Fish oils b. palm oil c. coconut oil d. animal fats
- 2) Which of the following mineral functions by building strong bones and teeth?
a. Iodine b. calcium c. iron d. sodium
- 3) Which of the following food components does not provide any nutrients?
a. Milk b. water c. fruit juice d. vegetable soup
- 4) Which mineral helps give red blood cells their colour? _____
- 5) 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 warm after eating
d. nourishment and energy
- 6) All foods contain moisture-some contain a great deal, some just a little. The solid (non-moist) part of food is made up mostly of _____
a. Carbohydrates, fats and protein b. minerals, fibre and vitamins
c. fats, water and protein d. carbohydrates, unsaturated fats and trace elements
- 7) 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
- 8) Foods containing similar nutrients have been grouped together by nutritionist to help you eat a balanced diet. Such grouping of foods is called _____
a. Food guide pyramid b. vegetables c. Calories d. balance diet
- 9) Your body changes carotene into which type of vitamin?
a. Vitamin A b. Vitamin B c. Vitamin C d. Vitamin D
- 10) 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
- 11) How many cups of vegetables do you need to eat each day? _____
- 12) Your body needs from _____ to _____ ounces of grains each day.
- 13) Fats that are liquid at room temperature are called _____
- 14) Which is usually difficult to digest? Saturated fats ☐ Unsaturated fats ☐
- 15) Short chains carbohydrates are called _____ carbohydrates; very long chains are called _____



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- 16) Your body changes the starch from carbohydrates into _____ and releases the energy stored in it.
- 17) Over half of the food you eat should be in the form of _____.
- 18) A water-soluble vitamin that you need daily is _____.
- 19) Eight different vitamins that work together are _____.
- 20) The sunshine vitamin is called _____.