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THIRD QUARTERLY ASSESSMENT
PHYSICAL EDUCATION & HEALTH 7
Prepared by: Mr. Darwin M. Dominguez

Name: _____ **Score:** _____/60_____

Grade and Section: _____ **Date:** _____

IMPORTANT REMINDERS: Following instructions is part of the exam. Failure to follow instructions will cause a 5-point-deduction from the total raw score.

I. Determine the correct answer to every question. Write the letter of the correct answer in cursive on the space provided before each number. (15 points)

_____1. What is malnutrition?
a) Only the lack of food b) A condition caused by an imbalance of nutrients
c) Eating too much sugar d) A type of disease caused by bacteria

_____2. In which category does Glow Foods mainly belong in the food pyramid?
a) Fruits and vegetables b) Proteins
c) Grains d) Fats

_____3. Which of the following is a cause of under-nutrition?
a) Eating excessive calories b) Consuming too many sugary drinks
c) Lack of essential vitamins and minerals d) Regular exercise

_____4. A food item that belongs to the topmost layer of the food pyramid is:
a) Fish b) Cake
c) Vegetables d) Rice

_____5. What does over-nutrition typically lead to?
a) Stunted growth b) Weight loss
c) Overweight and obesity d) Improved immune function

_____6. The Food Pyramid helps us understand:
a) Exercise routines b) Balanced diets
c) Sleeping patterns d) Cooking methods

_____7. Which factor contributes to malnutrition?
a) Eating a variety of fruits and vegetables b) Regular physical activity
c) Poor dietary practices and food insecurity d) Drinking enough water daily

_____8. Which of the following is NOT a Go Food?
a) Bread b) Pasta
c) Chicken d) Potatoes

_____9. What does stunting refer to?
a) Rapid weight gain b) Being shorter than average due to chronic under-nutrition
c) A temporary loss of appetite d) Loss of hair due to poor nutrition

_____10. What are Glow Foods known for?
a) Providing energy b) Building muscles
c) Helping the body stay healthy d) Increasing fat storage

_____11. What is the purpose of the Go Foods in the diet?
a) Boost immunity b) Provide energy

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c) Build muscles d) Prevent diseases
_____12. Which of the following is an example of a Grow Food?
a) Rice b) Milk
c) Mango d) Butter
_____13. Which of the following is a micro-nutrient deficiency?
a) Low protein intake b) Lack of vitamin A
c) Excess fat consumption d) Overeating carbohydrates
_____14. What are Go Foods primarily rich in?
a) Vitamins b) Carbohydrates
c) Proteins d)Fats
_____15. Which of the following is a strategy to combat malnutrition?
a) Limiting access to food to control portions
b) Strengthening healthcare systems to provide nutrition counseling
c) Encouraging people to eat only processed foods
d) Avoiding water to reduce bloating

II. TRUE or FALSE: Write true if the statement is correct and false if it is not. Write your answer all in capital letters. (15 points)

_____16. Micro-nutrient deficiencies can be addressed by eating a variety of foods rich in vitamins and minerals.
_____17. Glow Foods are primarily for energy.
_____18. Poor sanitation and hygiene can contribute to malnutrition.
_____19. The food pyramid is a guide for a healthy and balanced diet.
_____20. Lack of iron in the diet can lead to anemia.
_____21. The Food Pyramid recommends eating fats and oils in large amounts.
_____22. Malnutrition only affects people who are underweight.

III. Fill in the Blanks: Fill in the correct answer

23. A lack of iron in the diet can cause _____, a condition that leads to fatigue and weakness.
24. Consuming too many calories over time can lead to _____.
25. Malnutrition weakens the _____ system, making the body more susceptible to infections.
26. One of the most effective ways to prevent malnutrition is by promoting _____, which encourages people to eat a variety of healthy foods.
27. _____ occurs when the body does not receive enough essential nutrients.
28.
29. The condition where a person loses weight rapidly due to lack of food is called _____.
30. One of the leading causes of malnutrition worldwide is _____, which limits access to nutritious food.

IV. Illustrate the right meal based on the recommendation of Pinggang Pinoy of the DOH. Explain in 2-3 sentences the importance of balance diet in a child like you. (10 points) 31-40.

RUBRICS	5	3	1
Creativity	A lot of thought and effort was used in the illustration.	Illustration is creative and some thought was put into it.	The illustration does not reflect any degree of creativity.

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Completeness	The box has illustration and it maximized the space with details.	The box has illustration but little effort was shown.	The box has illustration but out of context.

IV. PERFORMANCE: Poster making
Theme: Fighting Malnutrition by Eating Healthy Food
Illustrate how we can resolve the malnutrition in the Philippines by promoting Healthy diet. 41-50.

RUBRICS	5	3	1
Creativity and design	Exceptionally creative with original design and outstanding visual impact.	Creative and visually appealing though not entirely original.	Lacks creativity or visual appeal, design is basic.
Neatness and	Exceptionally neat, well-organized, and	Neat and organized, but may be difficult to	Messy and disorganized, making it hard to

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organization	easy to follow.	follow.	understand.

V. Explain the following health problems in 3-5 sentences. (12 points)

51-52.Obesity	53-54. Anorexia

VI. Essay. Explain the following questions in 3-4 sentences. (10 points)

55-57. As a student, what are the long term benefits of making healthy food choices now?

58-60. How can you balance enjoying your favorite foods with making sure you get the nutrients that you need?

God is good! ☺
***** END OF EXAM *****

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