



INSPIRED TOTS EARLY LEARNING CENTRE

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SECOND TERM EXAMINATION 2024/2025 SESSION

5<sup>TH</sup> 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 \_\_\_\_\_
- 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 \_\_\_\_\_.



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Instruction: Complete questions 21 to 26 below using the words in the box.

Fitness instructors    sleep                    mental                    weight  
nutrients                    hygiene                    repair

- 21) To look after our personal health, we need to take care of our physical, \_\_\_\_\_ and emotional needs.
- 22) A healthy balanced diet ensures that we get all the correct \_\_\_\_\_
- 23) It is important to get enough \_\_\_\_\_ so the body can grow and \_\_\_\_\_ itself.
- 24) A healthy balanced diet and exercise help maintain a healthy \_\_\_\_\_
- 25) People who help us to maintain personal health include doctors, dentist, opticians and \_\_\_\_\_
- 26) Good personal \_\_\_\_\_ is also important for personal health

Instruction: Complete questions 27 to 31 below using the words in the box

mgba    Dambe                    board    indigenous                    six                    Kokowa

- 27) Traditional games which are played where they were invented are known as \_\_\_\_\_ games.
- 28) \_\_\_\_\_ is a traditional boxing game.
- 29) \_\_\_\_\_ and \_\_\_\_\_ are traditional wrestling games.
- 30) Langa is a game played by two teams of \_\_\_\_\_ players.
- 31) Ayo is a traditional \_\_\_\_\_ game.
- 32) What type of game is Ayo? \_\_\_\_\_
- 33) What equipment is needed to play Ayo? \_\_\_\_\_
- 34) What skill is required to play the Ayo game? \_\_\_\_\_
- 35) How many seeds are placed in each indentation at the start of the Ayo game? \_\_\_\_\_
- 36) Name two indigenous wrestling games
  - I. \_\_\_\_\_
  - II. \_\_\_\_\_
- 37) Name three traditional playground games
  - I. \_\_\_\_\_
  - II. \_\_\_\_\_
  - III. \_\_\_\_\_



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- 38) Use the words in the box to label each part of the tooth below.

Dentine root enamel crown

