



INSPIRED TOTS EARLY LEARNING CENTRE

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HEALTH EDUCATION THIRD TERM EXAMINATION 2024 2025

5TH GRADE

NAME

1. A **good breakfast** is important because _____.
 - a. We won't be hungry easily
 - b. it provides nourishment for the body after a long time without food.
 - c. we won't get to suffer ulcer
 - d. we get to stay awake during classes.
2. How does **eating good breakfast** helps the rate of your **metabolism**?
 - a. It lowers the rate of metabolism
 - b. it does not change the rate of metabolism
 - c. it keeps your rate of metabolism higher than if you did not eat
 - d. the metabolism rate is balanced.
3. The right kind of **lunch** will give you more energy _____.
 - a. Think clearly
 - b. to work hard
 - c. to play
 - d. all of the above
4. The process by which your **body produces and uses energy** from food is _____.
 - a. Balanced diet
 - b. malnutrition
 - c. metabolism
 - d. osteoporosis
5. When is **best to eat sweet foods**?
 - a. At the end of a meal
 - b. before meal
 - c. when having your meal
 - d. do not eat them at all
6. What does **social acceptance** primarily refer to in the context of **health and well-being**?
 - a. Physical fitness and strength
 - b. The degree to which an individual is accepted and valued by peers
 - c. Knowledge about healthy lifestyle choices
 - d. Ability to participate in sports competitions
7. Which of the following is a **positive way to promote social acceptance among peers**?
 - a. Ignoring others' feelings
 - b. Respecting and valuing diverse opinions and backgrounds
 - c. Excluding someone who is different
 - d. Criticizing others for their differences
8. Why is **social acceptance important for mental health**?
 - a. It increases physical strength
 - b. It reduces feelings of loneliness and boosts self-esteem
 - c. It guarantees academic success
 - d. It ensures better athletic performance
9. Which of the following **behaviors can help build social acceptance** in a group?
 - a. Being empathetic and supportive
 - b. Spreading rumors about others
 - c. Ignoring team members' contributions
 - d. Showing favoritism to certain individuals



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10. In a health and physical education setting, how can **teachers promote social acceptance** among students?
 - a. By encouraging teamwork and cooperation
 - b. By rewarding only the best players
 - c. By focusing solely on individual achievements
 - d. By discouraging participation from shy student
11. What is one **potential consequence of social rejection** in adolescents?
 - a. Improved athletic skills
 - b. Increased self-confidence
 - c. Feelings of depression and social withdrawal
 - d. Enhanced academic performance
12. Which factor can **influence social acceptance among peers**?
 - a. Physical appearance alone
 - b. Kindness and good communication skills
 - c. Academic grades only
 - d. Age differences only
13. How can involvement in **team sports promote social acceptance**?
 - a. By fostering competition only
 - b. By encouraging collaboration and mutual support
 - c. By emphasizing individual achievement over teamwork
 - d. By isolating players from each other
14. Which **strategy** is effective in **reducing bullying and promoting social acceptance**?
 - a. Ignoring bullying incidents
 - b. Promoting awareness and teaching respect for others
 - c. Supporting aggressive behavior
 - d. Discouraging open communication
15. Why is **social acceptance important**?
 - a. It helps people feel lonely
 - b. It encourages conflict
 - c. It promotes happiness and belonging
 - d. It causes social problems
16. Which of these **promotes social acceptance**?
 - a. Teasing others
 - b. Respecting differences
 - c. Ignoring classmates
 - d. Excluding others



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17. What **feeling** is common when someone is **socially accepted**?
 - a. Sadness
 - b. Confidence
 - c. Anger
 - d. Fear
18. What is a **consequence of social rejection**?
 - a. Increased confidence
 - b. Feelings of loneliness
 - c. Happiness
 - d. better friendships
19. Which **behavior** shows **respect, promoting social acceptance**?
 - a. Listening when others speak
 - b. Interrupting others
 - c. Ignoring classmates
 - d. Making fun of others
20. Which of the following is **NOT** a way to **show social acceptance**?
 - a. Complimenting others
 - b. Being kind
 - c. Ignoring someone's feelings
 - d. Sharing with friends
21. When someone is **socially accepted**, they usually feel:
 - a. Left out
 - b. Like they belong
 - c. Confused
 - d. Alone
22. Why is it important to **accept** people who are different from us?
 - a. To create conflicts
 - b. To promote understanding and harmony
 - c. To make fun of them
 - d. To exclude them
23. What **role do teachers** play in social acceptance?
 - a. They ignore students
 - b. They promote inclusive activities
 - c. They only focus on academics
 - d. They discourage friendship



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24. Which is a **good way to help** someone who feels lonely?
- a. Invite them to join activities
 - b. Laugh at them
 - c. Ignore them
 - d. Tell others not to talk to them
25. How does **social acceptance** benefit society?
- a. It causes more problems
 - b. It promotes peace and cooperation
 - c. It encourages selfishness
 - d. It reduces friendships
26. What can you do to **become more socially accepted**?
- a. Be respectful and kind
 - b. Be rude to classmates
 - c. Ignore others
 - d. Avoid helping friends
27. Which of the following **food products** is an **example of unsaturated fats**?
- a. Fish oils
 - b. palm oil
 - c. coconut oil
 - d. animal fats
28. Which of the following **mineral functions** by **building strong bones and teeth**?
- a. Iodine
 - b. calcium
 - c. iron
 - d. sodium
29. Which of the following **food components** **does not provide any nutrients**?
- a. Milk
 - b. water
 - c. fruit juice
 - d. vegetable soup
30. Which **mineral helps give red blood cells their colour**? _____
31. 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 cold after eating
 - d. nourishment and energy
32. 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
33. Foods containing **similar nutrients** have been **grouped together by nutritionist** to help you eat a balanced diet is called _____
- a. Food guide pyramid
 - b. vegetables
 - c. Calories
 - d. balance diet
34. Your body changes **carotene** into which type of vitamin?
- a. Vitamin A
 - b. Vitamin B
 - c. Vitamin C
 - d. Vitamin D



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35. 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

36. Fats that are **liquid at room temperature** are called _____

37. Which is usually **difficult** to digest?

- a. Saturated fats
- b. Unsaturated fats

38. **Short chain carbohydrates** are called _____ carbohydrates; **very long chains** are called _____

39. A **water-soluble vitamin** that you need daily is _____.

40. **Eight different vitamins** that work together are _____.

41. The **sunshine vitamin** is called _____.

42. What lead to **attitudes**?

43. What is the **greatest test of thoughtfulness**?

44. What is **loneliness** often a sign of?

45. What **two offensive weapons** can help a Christian fight Satan's attack?