education
Department of Education
FREE STATE PROVINCE

PERSONAL AND SOCIAL WELLBEING
GRADE 5

Subject: LIFE SKILLS

TERM: 4

CONTROLLED TEST

Duration : 45 minutes

Surname: _____ **Name:** _____

Class: _____ **Date:** _____

School: _____ **Teacher:** _____

This question paper consists of 08 pages

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The paper consist of two (2) Sections;

Section A =15 marks

Section B =15 marks.

- Answer all 6 questions in this paper.
- Pay attention to spelling and sentence construction.
- Answer questions according to marks allocation of the question.
- Use the spaces provided to answer the questions.



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SECTION A: Healthy eating for children

QUESTION 1: Multiple choice

Choose the correct answer from the four (4) options given. Circle only the letter of the correct answer.

1.1 To protect illness, you must eat _____ daily (every day).

A. fruit and vegetables
B. lot of food and sweets
C. eat once a day.
D. anything you wish to eat. **(1)**

1.2 These are the group of food that develop strong bones and muscles.

A. Too much starch, fats, oil, sweets
B. Milk, cheese, eggs, meat, chicken
C. Rice, cabbage, potatoes
D. Pumpkin, Onion, beetroot **(1)**

1.3 If your body does not get enough food to use as energy you will__

A. grow bigger and taller.
B. be healthy and strong.
C. work and play good.
D. get sick and tired **(1)**

[3x1=3]

QUESTION 2: Healthy eating for children (Dietary of the children)

Read the below information and answer the questions that follows.

Dietary needs of the children

Food create energy so that you can work and play. If your body does not get enough food to use as energy, it soon stops working and you get tired and sick. We do not need the same amount of each type of food.

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Answer the questions below based on the text above.

2.1 State the importance of food in our body according to the text? **(1)**

_____

_____

2.2 Explain in your own words what you understand about Malnutrition (underfed).

_____

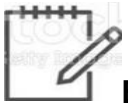
_____**(1)**

2.3 Name one (1) factor influencing food intake by children.

_____ **(1)**

[3]

QUESTION 3: Local and environmental health problems



Explain the following vocabulary(terminology). Write the answers on the spaces provided.

3.1. Stigma:

_____

_____ **(1)**

3.2 Treatment:

_____

_____ **(1)**

3.3 Symptoms:

_____

_____ **(1)**

[3x1=3]

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QUESTION 4: Local environmental health problems

State whether the following statements are True or False. **Write True or False next to the statement on the spaces provided.**

4.1 Antibiotic is a medicine that kills germs that makes us sick. _____

4.2 Measles is not curable. _____

4.3. Only the female mosquitoes carry the Malaria parasites. _____

[3x1=3]

QUESTION 5 : Festivals and customs

Match the concepts in column A with the correct phrases in column B. Write your answers using the letters (alphabets) only in the space provided in Column C

COLUMN A	COLUMN B	COLUMN C
Example:		**5.4 F**_____
5.1 Diwali	A. The Jewish New year	**5.1** _____
5.2. Initiation	B. Hindu Festival of Lights	**5.2** _____
5.3. Rosh Hashanah	C. An African culture where boys become men	**5.3** _____

[3x1=3]

[3x1=3]

TOTAL SECTION A: 15

LEARNER'S MARK FOR SECTION A

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SECTION B

QUESTION 6: Substance abuse

Describe any 5 effects of drugs in the body and mind. **(5x1)=5**

6.1

_____

_____

6.2

_____

_____

6.3

_____

_____

6.4

_____

_____

6.5

_____

_____



QUESTION 7: Water as important basic need.

7.1

- Write down a paragraph whereby you advise your schoolmates on the ways of saving water.

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- Highlight five points or ideas. Do not use numbering or bullets for the answers

(5x1)=5

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

QUESTION 8.1: Safety measures at home and the environment

Suggest three (3) safety measures in the home against harmful household products.

1)
2)
3)

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QUESTION 8.2 HIV and AIDS education

Write down 2 points explaining how people with HIV/AIDS can take care of themselves.

•
•

(2)

TOTAL SECTION B: 15 marks

LEARNER'S MARK FOR SECTION B

GRAND TOTAL: 30 marks

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