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| **ANGELWINGS COMPREHENSIVE COLLEGE, MAROKO, PW, KUBWA, ABUJA** | |
| **THIRD TERM EXAMINATION 2024/2025 ACADEMIC SESSION** | |
| **SUBJECT: Physical and Health Education** | **CLASS: YEAR FIVE** |

Instructions: Choose the best option for each question.

1. Diseases are illnesses that affect the (a) mind (b) body (c) spirit

2. Diseases can be transmitted by (a) man (b) animals (c) non-living things (d) all of the above

3. Micro-organisms are the cause of (a) diseases (b) happiness (c) strength

4. Specific signs and symptoms of diseases include (a) fever (b) congestion (c) coughing (d) all of the above

5. Pathogens are often the cause of (a) good health (b) diseases (c) strong muscles

6. Viruses, bacteria, or protozoans are examples of (a) nutrients (b) pathogens (c) vitamins

7. Pathogens can make people (a) healthy (b) sick (c) strong

8. The failure of the body to function well can be a result of (a) germs (b) pathogens (c) both a and b

9. An infectious disease that causes illness is called a (a) vitamin (b) pathogen (c) mineral

10. Diseases are characterized by specific signs and \_ (a) cures (b) symptoms (c) treatments

11. Drug education provides information and skills for living in an environment where drugs are commonly \_ (a) used (b) misused (c) prescribed

12. A substance used as a medicine is called a (a) food (b) drug (c) drink

13. Medicines are used to treat sickness, ease pain, and prevent \_ (a) happiness (b) illness (c) sleep

14. Simple drugs are used as (a) food (b) medicine (c) poison

15. An illegal substance taken for a pleasant sensation is referred to as a \_ drug (a) simple (b) hard (c) soft

16. People take illegal drugs to feel (a) sad (b) sensational (c) tired

17. One reason people take illegal drugs is to feel (a) low (b) high (c) calm

18. Experimenting is a reason people might take (a) vitamins (b) illegal drugs (c) water

19. Peer pressure can lead people to take (a) healthy food (b) illegal drugs (c) exercise

20. To ease tension is a reason some people use (a) hard drugs (b) simple drugs (c) water

21. Using drugs outside of healing can have \_ effects (a) good (b) bad (c) neutral

22. Hard drugs can make someone neglect their (a) health (b) family (c) friends (d) all of the above

23. Drug use can reduce appetite for (a) food (b) sleep (c) exercise

24. Neglecting personal cleanliness can be an effect of (a) hard drugs (b) vitamins (c) water

25. Drugs can make people go into (a) sports (b) crime (c) school

26. Dependency on drugs can lead to sickness when the drug is (a) started (b) stopped (c) increased

27. Wasteful spending is an effect of using (a) hard drugs (b) simple drugs (c) healthy food

28. Vital organs of the body may be \_ by drug use (a) strengthened (b) damaged (c) improved

29. Drug abuse can cause (a) mental disorder (b) physical fitness (c) good memory

30. One way of taking drugs is through the (a) mouth (b) nose (c) ears

31. Drugs can be taken by rubbing them on the (a) hair (b) skin (c) clothes

32. Injection is a way of taking (a) food (b) drugs (c) water

33. Inhaling is a method of taking (a) drugs (b) vitamins (c) minerals

34. Alcohol is a strong drink that can make someone (a) sober (b) drunk (c) alert

35. Ethyl alcohol is another name for (a) water (b) alcohol (c) sugar

36. Alcohol is produced through the process of (a) distillation (b) fermentation (c) evaporation

37. Yeast cells act on sugar content to produce alcohol and (a) oxygen (b) carbon dioxide (c) nitrogen

38. Alcohol has very little or no \_ value (a) monetary (b) nutritional (c) emotional

39. Alcohol contains no vitamins, no fats, or (a) carbohydrates (b) proteins (c) minerals

40. Beer is an example of \_ alcohol (a) modern (b) distillery (c) local

41. White horse is an example of \_ alcohol (a) modern (b) distillery (c) local

42. Ogogoro is an example of \_ alcohol (a) modern (b) distillery (c) local

43. Tobacco is a type of (a) fruit (b) leaf (c) root

44. Cigarettes are produced from (a) tobacco (b) sugar (c) water

45. Snuff is made from ground tobacco mixed with (a) water (b) chemicals (c) sugar

46. Tobacco can be (a) chewed (b) inhaled (c) both a and b

47. Benson and Hedges is an example of a (a) drink (b) cigarette (c) food

48. One reason people smoke is to feel (a) low (b) high (c) calm

49. Smoking can be done to get rid of (a) happiness (b) pain (c) energy

50. Gold leaf London is a type of (a) alcohol (b) cigarette (c) drug

**Section B**

Instructions: Fill in the blank with the correct word or phrase.

1. What is the process of taking in oxygen and sending out carbon dioxide called? \_\_\_\_\_\_\_\_\_

2. What is the voice box also known as? \_\_\_\_\_\_\_\_\_

3. What are the most important organs of breathing? \_\_\_\_\_\_\_\_\_

4. What is the process by which blood moves around the body called? \_\_\_\_\_\_\_\_\_

5. What are the tubes through which blood moves to other parts of the body called? \_\_\_\_\_\_\_\_\_

**Section C**

Instructions: Provide a short, direct answer for each question.

1. What are diseases?

2. What is drug education?

3. What is alcohol?

4. What is tobacco?

5. What is excretion?