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

1. Hockey is played by teams trying to get a ball into the \_ (a) jump (b) racing (c) hockey

2. Hockey was introduced to Nigeria by \_ (a) Roman (b) European (c) Federation

3. Hockey was introduced to Nigeria in \_ (a) 1840 (b) 1920 (c) 1928

4. The Nigeria Hockey Federation HQ is in \_ (a) Lagos (b) Abuja (c) Ibadan

5. Which is NOT hockey equipment? (a) Bat (b) Mouth guard (c) Whistle

6. \_ is played on a hard table with a net (a) Volley (b) Tennis (c) Hockey

7. Table tennis may have originated in a \_ (a) field (b) pitch (c) kitchen

8. Table tennis came to Nigeria in the early \_ (a) thirties (b) fifties (c) twenties

9. The Nigeria Table Tennis Federation was formed in \_ (a) 1951 (b) 1950 (c) 1967

10. Which is NOT for table tennis? (a) Net (b) Bat (c) Tennis sticks

11. Which is NOT for physical fitness? (a) Sit down (b) Press up (c) Sargent jump

12. \_ promotes staff and pupil health in schools (a) School education (b) School health (c) School

13. Pupils get nutritional needs in \_ (a) school service (b) school environment (c) nutritional services

14. \_ helps achieve learning through basic movement (a) health services (b) physical education (c) locomotive exercise

15. \_ is consuming the right amount of food (a) nutrition (b) rational (c) nutrients

16. \_ becomes a nutrient in the body (a) carbohydrates (b) food (c) fluid

17. \_ makes bones and teeth strong (a) protein (b) vitamins (c) mineral salt

18. \_ helps the eyes function properly (a) vitamins (b) protein (c) mineral salt

19. Which is NOT a source of energy? (a) Sugar cane (b) rice (c) milk

20. Which is NOT a source of protein? (a) pea (b) okra (c) milk

21. Which is a source of water? (a) vegetable (b) rain (c) all of the above

22. Lack of nutrition is called \_ (a) malnutrition (b) baselanity (c) lacktomotive

23. A person may suffer from nutritional deficiency when the food he or she takes regularly \_ (a) lacks one or more nutrients (b) contains too much of a certain kind of food (c) is much in quantity

24. Nutritional deficiency can result from \_ (a) growth (b) exercise (c) under feeding

25. Which is NOT an example of a nutritional deficiency disease? (a) Beriberi (b) Rasmus (c) Scurvy

26. \_ is a nutritional deficiency disease caused by starvation (a) marasmus (b) Beriberi (c) kwashiokor

27. \_ can occur when people depend only on rice (a) marasmus (b) Beriberi (c) kwashiokor

28. \_ is a symptom of kwashiokor (a) weakness of the teeth (b) softness of the finger tips (c) frequent stooling

29. \_ is common where people don't eat fresh green vegetables (a) Scurvy (b) Rickets (c) Beriberi

30. Rickets may be caused by lack of vitamin \_ (a) A (b) D (c) C

31. The Nigeria Hockey Federation governs \_ hockey in Nigeria (a) ice (b) field (c) rock

32. \_ is the state of health and well-being (a) conditioning (b) physical fitness (c) exercise

33. Which is important for school health? (a) it enhances wellness (b) it helps you to avoid healthy foods (c) it increases fatigue

34. Consuming the right amount of food is \_ (a) consumption (b) balanced diet (c) nutrition

35. Which is a source of carbohydrate? (a) meat (b) cassava (c) liver

36. A child fed with food lacking protein may suffer from \_ (a) obesity (b) kwashiorkor (c) scurvy

37. Lack of vitamin D can lead to \_ (a) kwashiorkor (b) beriberi (c) rickets

38. Which is NOT a way of preparing food for long term use? (a) partial covering of the food (b) canning (c) none

39. \_ is not a way of maintaining physical fitness (a) not eating balanced diet (b) doing constant exercise (c) periodic medical checkup

40. \_ is not a way of preserving food (a) boiling (b) grinding (c) smoking

Section B

1. Write the short form of the following words:

2. What are three basic table tennis rules? \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

3. What are three physical fitness components? \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

4. What are three traits of a nutritionally deficient person? \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

5. What are the six food classes? \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

6. Give two sources for each of the six food classes: \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

7. What are three benefits of a school health program? \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

Section C

1. Explain the importance of physical activity for maintaining overall health and well-being.

2. Discuss the role of nutrition in supporting optimal physical and mental performance.

3. Analyze the impact of sedentary lifestyles on health outcomes and strategies for promoting active living.