



Orli International Academy

First Continuous Assessment Test

Term: First

Class: Year 5

Date:

Subject: Science

Instruction: Choose an answer from the options lettered A to C.

1. Beef is an example of a foods rich in _____.
 - a. Vitamin
 - b. Protein *
 - c. Fats
2. Digestion starst from the _____.
 - a. Teeth
 - b. Mouth *
 - c. Tongue
3. When we eat food which contains the right amount of nutrients needed by our body, we can say we have eaten a _____.
 - a. Good meal.
 - b. Balanced diet *
 - c. Fattenning diet
4. The _____ squeezes shut to prevent the food which has entered the stomach from coming back to the esophagus.
 - a. Sphincter *
 - b. Pylorus
 - c. Esophagus
5. _____ should make up one-third of our meal.
 - a. Rice
 - b. Fats
 - c. Carbohydrates *

6. Foods high in mineral include the following except.
- a. Salt
 - b. Spinach
 - c. Cheese *
7. The breaking down of food substances in our body for absorption of nutrient is called _____.
- a. Grinding
 - b. Digestion *
 - c. Breaking
8. _____ gives us energy.
- a. Poultry
 - b. Eggs
 - c. Rice *
9. The throat is also known as the _____.
- a. Pharynx *
 - b. Neck
 - c. Esophagus
10. An unhealthy food is one that contains _____.
- a. Too much sugar *
 - b. Too little sugar
 - c. Lots of vegetables