



# 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