

**Shivagadhi English School**  
**Second terminal Examination 2081**

Class – 5              Subject: Health              FM: 50  
Time – 2hr              Set -B              PM: 18

1. Answer the following questions in very short .  $1 \times 10 = 10$
- a. What is the full form of 3R method ?
  - b. What is mineral?
  - c. What is personal hygiene ?
  - d. Write the name of Junk food ?
  - e. Which are the vitamins that soluble in water?
  - f. Which exercise do you do at home ?
  - g. Where do plants get minerals ?
  - h. Give any two examples of Junk food ?
  - i. Give any one example of preventing water pollution ?
  - j. What is nutrient ?
2. Answer the following questions in short .  $2 \times 10 = 20$
- a. Why do we need nutrient?
  - b. Write any two characteristics of good physical education.
  - c. Write the component of environment with examples.
  - d. What is printmaking ? write briefly.
  - e. What is mixed media college?
  - f. How do you utilize old pieces of clothes at home ?
  - g. How do you keep your environment clean suggest ?
  - i. What is Vitamin B complex ? Write briefly.
  - j. How is junk food harmful to our body ?
3. Answer the following question in long .               $4 \times 5 = 20$
- a. What are different sources of fat ?Explain the functions of fat
  - b. How is hopping race done?
  - c. What is junk food? How is junk food harmful to our body ?
  - d. Write the ways to care your health?
  - e. Draw an apple with its shadow.

The End

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