

SMARTWIZ

GRADE 5 LIFE SKILLS EXAM

MARKS: 50

MARKS	

TIME: 1 hour

SCHOOL _____

CLASS (e.g. 4A) _____

SURNAME _____

NAME _____

MYST PATHWORKS

Instructions for Students:

- > Read all instructions carefully before beginning the exam.
- > Write your name and student ID clearly on the answer sheet/booklet.
- > Answer all questions unless otherwise stated.
- > Show all your work/calculations where applicable.
- > Write clearly and legibly.
- > Use blue or black ink only. * Do not use correction fluid/tape.
- > No electronic devices (calculators, phones, etc.) are allowed unless explicitly permitted.
- > Raise your hand if you have any questions.
- > Do not talk to other students during the exam.
- > Any form of cheating will result in disqualification.

Question 1: Health and Hygiene

1.1 Why is it important to cover your mouth when you cough or sneeze? (4)

1.2 Name two ways germs can spread from one person to another. (4)

Question 2: Safety

2.1 What should you do if a stranger tries to talk to you? (5)

2.2 Why is it important to tell an adult if you feel unsafe? (3)

Question 3: Nutrition

3.1 Why should you drink plenty of water every day? (3)

3.2 Name three foods that help keep your body healthy. (6)

Question 4: Emotions and Friendships

4.1 Name two ways to show kindness to a friend. (4)

4.2 What can you do if you feel sad or lonely? (4)

Memo:

Question 1:

- 1.1 It is important to cover your mouth when you cough or sneeze to stop germs from spreading to other people.
 - 1.2 Germs can spread by touching things that are dirty and by coughing or sneezing near others.
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Question 2:

- 2.1 If a stranger tries to talk to you, you should stay calm, say no, and walk away to find a trusted adult.
 - 2.2 It is important to tell an adult if you feel unsafe so they can help keep you safe.
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Question 3:

- 3.1 You should drink plenty of water every day to keep your body hydrated and healthy.
 - 3.2 Three foods that keep your body healthy: fruits, vegetables, and whole grains.
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Question 4:

- 4.1 Two ways to show kindness to a friend: share with them and listen when they talk.
 - 4.2 If you feel sad or lonely, you can talk to a trusted adult or spend time doing something you enjoy.
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Question 5:

- 5.1 The children in the picture are playing outside together, sharing toys and having fun.
- 5.2 Playing with friends is important because it helps you learn to share, cooperate, and be happy.
- 5.3 You can be a good friend by being kind, sharing, taking turns, and including everyone in the game.