

# 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: Personal Hygiene



1.1 Why is brushing your teeth every day important? (3)

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1.2 Name two problems that can happen if you do not brush your teeth. (4)

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## Question 2: Safety at Home

2.1 List three things you should do to stay safe at home. (6)

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2.2 Why should you never touch electrical plugs with wet hands? (3)

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## Question 3: Healthy Living

Complete the table below by filling in the missing information:

Food Group	Examples	Why is it important?
Fruits		Provides vitamins and fiber.
Proteins	Chicken, Fish	
Vegetables	Carrots, Spinach	
Grains	Bread, Rice	Provides energy.

(12 marks — 4 marks per row)

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**Question 4: Emotions**

4.1 Name three ways you can calm down when you feel angry. (6)

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4.2 Why is it good to share your feelings with a trusted adult? (4)

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**Question 5: Responsibility**

5.1 What does it mean to be responsible? (3)

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5.2 Give two examples of responsible behaviour at school. (4)

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5.3 How can being responsible help you in life? (3)

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**TOTAL: 50 MARKS**

**Question 1:**

1.1 Brushing your teeth every day is important to keep your teeth clean and prevent tooth decay.

1.2 Two problems if you do not brush your teeth: cavities (holes in teeth), bad breath.

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**Question 2:**

2.1 Three things to stay safe at home: keep doors locked, don't play with matches, tell an adult if there is danger.

2.2 You should never touch electrical plugs with wet hands because you can get an electric shock.

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**Question 3:**

Food Group	Examples	Why is it important?
Fruits	Apples, bananas	Provides vitamins and fiber.
Proteins	Chicken, Fish	Helps build and repair muscles.
Vegetables	Carrots, Spinach	Gives vitamins and minerals.
Grains	Bread, Rice	Provides energy.

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**Question 4:**

4.1 Three ways to calm down when angry: take deep breaths, count to ten, talk to someone.

4.2 It is good to share your feelings with a trusted adult so they can help you and you feel better.

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**Question 5:**

5.1 Being responsible means doing what you are supposed to do and taking care of your duties.

5.2 Two examples of responsible behaviour at school: doing homework on time, listening to the teacher.

5.3 Being responsible helps you because people can trust you and you learn to make good choices.