

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 wash your hands regularly? (3)

1.2 Name three times during the day when you should wash your hands. (6)

1.3 What can happen if you do not wash your hands properly? (3)

Question 2: Safety

2.1 What should you do if there is a fire in your home? (4)

2.2 Name two things you should NOT do during a fire. (4)

2.3 Why is it important to know emergency numbers? (3)

Question 3: Respect and Responsibility

3.1 What does respect mean? (3)

3.2 Give two examples of how you can show respect to others. (4)

3.3 Why is being responsible important? (3)

Question 4: Nutrition

4.1 What is a balanced diet? (3)

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4.2 Name four healthy foods that should be in your diet. (4)

4.3 Why should you avoid eating too much sugar? (3)

Question 5: Emotions and Friendship

5.1 Name three emotions people can feel. (3)

5.2 How can you be a good friend to someone? Give two ways. (4)

5.3 Why is it important to talk about your feelings? (3)

TOTAL: 50 MARKS



Question 1:

- 1.1 It is important to wash your hands regularly to remove germs and prevent sickness.
 - 1.2 Three times to wash your hands: before eating, after using the toilet, after playing outside.
 - 1.3 If you do not wash your hands properly, you can get sick or spread germs to others.
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Question 2:

- 2.1 If there is a fire in your home, you should stay calm, leave the building quickly, and call for help.
 - 2.2 Two things you should NOT do during a fire: do not hide, do not use elevators.
 - 2.3 It is important to know emergency numbers so you can get help quickly when needed.
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Question 3:

- 3.1 Respect means treating others kindly and valuing their feelings and opinions.
 - 3.2 Two ways to show respect: listening when someone is speaking, saying please and thank you.
 - 3.3 Being responsible is important because it helps you make good choices and be trusted by others.
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Question 4:

- 4.1 A balanced diet is eating different types of foods that give your body energy and nutrients.
 - 4.2 Four healthy foods: fruits, vegetables, whole grains, and lean proteins.
 - 4.3 You should avoid eating too much sugar because it can cause health problems like tooth decay and obesity.
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Question 5:

- 5.1 Three emotions people can feel: happy, sad, angry.
- 5.2 Two ways to be a good friend: listen when they talk, help them when they need it.
- 5.3 It is important to talk about your feelings so you don't keep problems inside and others can support you.