**Home science and Physical Health Education Activities - Grade 5 Term 1 Exam 2023**

**HOMESCIENCE**

1. Name three healthy habits you can practice to avoid illness
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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Write two materials you use when mopping a house
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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Name two fuels we use at home
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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Name the following materials for cleaning shoes

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. List three importance of a shopping list
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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Name the three food groups
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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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7. Name the following materials for cleaning utensils

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8. Which method of cooking do we use to cook mandazis?
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9. What is the use of a pin cushion in needle work?
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10. Identify three things to consider when choosing a button
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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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11. List down the first steps in laundry work
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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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**PHYSICAL HEALTH EDUCATION**

1. Name three leisure activities you do at home and school
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2. Who is a casualty?
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3. Describe what is a "headstand balance"
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4. Draw and colour a first aid box

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1. What do we call a player who plays against another player in a game?
2. Identify three kinds of play at home and school
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3. Name the equipment below used when playing the game of football

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4. What kind of material should be used in triple jump pit?(soft, hard)
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**MARKING SCHEME**

**HOME SCIENCE**

1. 1. Exercising
	2. drinking water
	3. Eating clean food
2. 1. mop
	2. bucket
3. 1. firewood
	2. kerosene
4. 1. brush
	2. shoe polish
5.
6. vegetables, fruits, grains,
7. soap, scrubber
8. frying
9. to store pins
10. colour, shape, size,
11. reading the label, sorting, picking water, picking detergent/soap

**PHE**

1. playing, running, resting
2. someone who is hurt
3. balancing/standing on your head
4. student should draw and colour the first aid box
5. opponent
6. running, skipping, hide and seek
7. ball
8. soft