

1.

Which one is a communicable disease?

- a. Obesity ☐
- b. Common Cold ☐
- c. Stroke ☐
- d. Diabetes ☐

/1

2.

Chickenpox causes \_\_\_\_\_ all over the body.

- a. Swelling ☐
- b. Muscle aches ☐
- c. High temperature ☐
- d. Itchy Spots ☐

/1

3.

How is TB spread?

- a. Through droplets in the air ☐
- b. Shaking hands ☐
- c. Eating bad food ☐
- d. Not washing your hands ☐

/1

4.

How can you help reduce the spread of communicable diseases?

- a. Not exercise ☐
- b. Get vaccinated ☐
- c. Not wash your hands ☐
- d. Eat sugary food ☐

/1

5.

What are non-communicable diseases?

- a. Having pain ☐
- b. The treatment you get when you are ill ☐
- c. Diseases that cannot be passed from person to person ☐
- d. Diseases that spread ☐

/1

6.

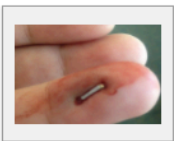
Malaria is caused by a parasite which is carried by \_\_\_\_\_.

- a. Cats ☐
- b. Dogs ☐
- c. Mosquitos ☐
- d. Scorpions ☐

/1

7.

Match the following images to types of injury:



Puncture

Amputation

Laceration

/3

8.

A blood vessel is a tubular structure that carries blood around the body.

- a. True ☐
- b. False ☐

/1

9.

If a person has cut through a capillary, it will not usually stop bleeding and needs medical attention.

- a. True ☐
- b. False ☐

/1

10.

You must call an ambulance if you have a paper cut and your finger is bleeding.

- a. True ☐
- b. False ☐

/1

11.

Which three of the following would you not use stop, drop and roll?

- a. The house is on fire ☐
- b. Clothes are on fire ☐
- c. Someone has burnt their finger ☐
- d. The fire alarm is going off ☐

/3

12. Fill in the blanks with the correct words about amputation:

If part of the body is torn off, it is called an \_\_\_\_\_. If treated properly, it is sometimes possible to reattach amputated \_\_\_\_\_. To treat the amputation of a finger or toe you must \_\_\_\_\_ the amputated part with clean water, wrap it in a clean \_\_\_\_\_, put it in a watertight plastic \_\_\_\_\_ and put the bag in another bag or bowl of \_\_\_\_\_.

*fingers and toes      ice      dressing      bag      amputation      rinse*

/6

13.

Can you name the thick-walled blood vessels that carry blood away from the heart under high pressure?

- a. Veins ☐
- b. Arteries ☐
- c. Organs ☐
- d. Tissues ☐

/1

14.

Can you name the thin-walled blood vessels that take blood towards the heart under low pressure?

- a. Arteries ☐
- b. Capillaries ☐
- c. Veins ☐
- d. Tissues ☐

/1

15.

If blood is spurting from a cut, what type of blood vessel is it?

- a. A capillary ☐
- b. An artery ☐
- c. Tissue ☐
- d. A vein ☐

/1

16.

A \_\_\_\_\_ is material that is used directly on the wound to stop bleeding.

- a. Dressing ☐
- b. Wound ☐
- c. Tourniquet ☐
- d. Plaster ☐

/1

17.

What is used to protect and apply pressure on a wound?

- a. A plaster ☐
- b. A bandage ☐
- c. A tourniquet ☐
- d. A cloth ☐

/1

18.

What is a sign of internal bleeding?

- a. Bleeding ☐
- b. A bruise ☐
- c. A cut ☐
- d. A puncture wound ☐

/1

19.

Which of the following is a source of air pollution?

- a. Rubbish in the sea ☐
- b. Contaminated soil ☐
- c. Sewage ☐
- d. Fumes from cars ☐

/1

20.

When you breathe in air pollution it can cause \_\_\_\_\_ problems.

- a. Respiratory ☐
- b. Leg muscle ☐
- c. Arm muscle ☐
- d. Movement ☐

/1

21.

Water pollution can happen in:

- a. the sea ☐
- b. groundwater ☐
- c. lakes ☐
- d. all of the above ☐

/1

22.

Which of the following is a cause of water pollution?

- a. Chemicals ☐
- b. Industry ☐
- c. Household pollution ☐
- d. All of the above ☐

/1

23.

When should you call emergency services for bleeding?

- a. For a small cut on the finger ☐
- b. If you can't stop the bleeding ☐
- c. For a graze of the knee ☐
- d. For a scratch ☐

/1

24.

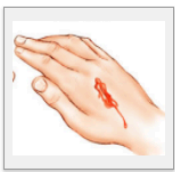
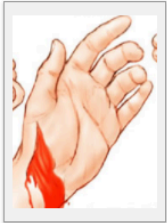
Which four are causes of land pollution?

- a. Rubbish ☐
- b. Bacteria ☐
- c. Acid rain ☐
- d. Deforestation ☐
- e. Industry ☐
- f. Planting new trees ☐

/4

25.

Match the type of bleeding to the image.



Artery

Capillary

Vein

/3

26.

Which of the following can reduce air pollution?

- a. Having air conditioning on at all times ☐
- b. By spending more time in the car ☐
- c. By driving everywhere ☐
- d. By walking instead of driving ☐

/1

27.

Pollution occurs when a harmful \_\_\_\_\_ is introduced into the environment.

- a. person ☐
- b. substance ☐
- c. animal ☐
- d. idea ☐

/1

28.

What blood vessels pass nutrients into the tissues of the body?

- |    |             |                       |
|----|-------------|-----------------------|
| a. | Capillaries | <input type="radio"/> |
| b. | Veins       | <input type="radio"/> |
| c. | Arteries    | <input type="radio"/> |
| d. | Organs      | <input type="radio"/> |

/1

29. Fill in the blanks on types of bleeding.

Bleeding can either be internal or external. \_\_\_\_\_ bleeding is when the skin is broken and blood comes out, \_\_\_\_\_ bleeding is bleeding under the skin.

*internal*

*external*

/2

30. Fill in the blanks about water pollution.

You use a lot of water every day. If the \_\_\_\_\_ you use becomes \_\_\_\_\_ you can become \_\_\_\_\_ from it. You can get \_\_\_\_\_ problems, \_\_\_\_\_ damage and \_\_\_\_\_ infections from using polluted water.

*nervous system*

*skin*

*water*

*bacterial and viral*

*sick*

*polluted*

/6

**TOTAL**  
**/50**