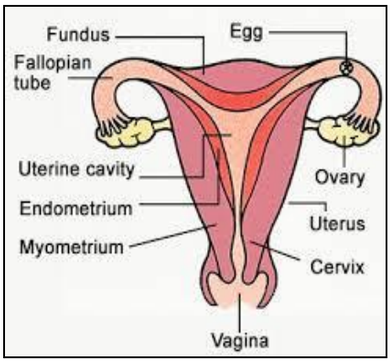
FIRST QUARTERLY EXAMINATION
SCIENCE AND HEALTH V

Name: _____ Grade/Section: _____
School: _____ Teacher: _____

Direction: Read and analyze each item carefully. Select from the four choices 1, 2, 3, and 4. Blacken the circle of the number that corresponds to your answer. You have one hour to finish the test.
GOOD LUCK KIDS!

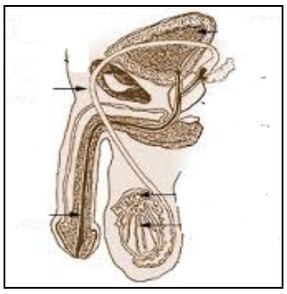
BEGIN HERE:

1. Boys and girls will undergo changes at puberty. The following statements are the changes in girls EXCEPT one. Which one is it?
   ① Enlargement of hips ② Menopause ③ Occurrence of menstruation ④ Enlargement of breast



2. Which of the following best describes the ovary?
   ① The birth canal
   ② The passageway of the eggs
   ③ A muscular tube where the fetus is developed
   ④ The female sex organ that produces egg cells

Refer to the picture to answer **item No. 3**



3. Which part of the male reproductive system is described as a round muscular organ inside the scrotum?
   ① penis ② testis ③ urethra ④ cervix

4. At what period do a girl is capable of reproduction?
   ① debut ② menopause ③ mentally mature ④ start of menstruation

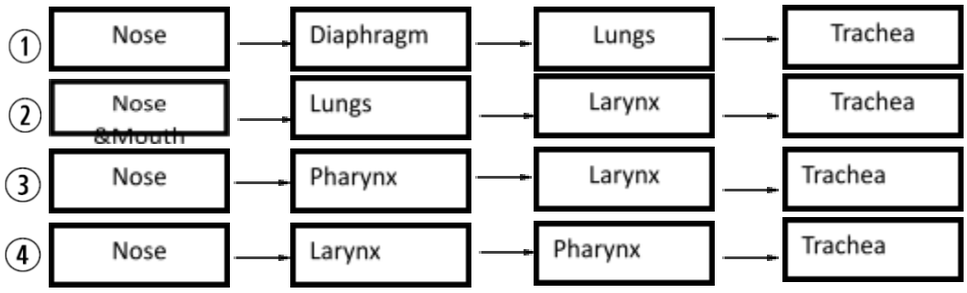
5. What may happen if both male and female have an intimate sexual relationship with one another?
   ① They become close friends.
   ② They mature early.
   ③ The female may get pregnant.
   ④ They become more attractive.

6. Here are some of the activities most boys and girls do to take care of his body especially during puberty stage.

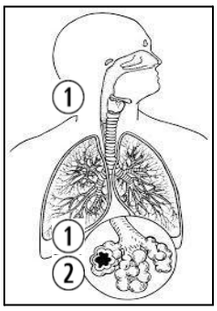
I	Cleaning the genitals with mild soap and water	Everyday
II	Use underarm deodorant body	Everyday
III	Change underwear	Every week
IV	Take a bath	Every other day

If you are one of the boys and girls who are in the puberty stage, which practice or practices will you follow?
   ① I – II ② II - III ③ III- IV ④ I and IV

7. Which diagram best traces the path of air as one inhales and exhales?



Refer to the diagram to answer **item no. 8 and 9.**



8. Which part of the lungs where the exchange of gases takes place?

② trach③ bron④s alveolus bronchiole

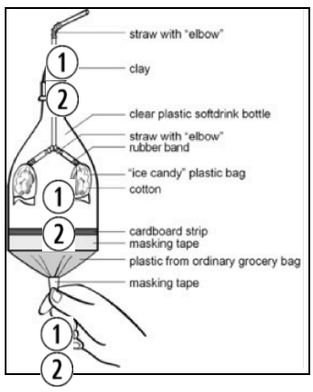
9. Which is the correct pair of the parts and functions of the respiratory system?

nose③assageways of blood alveoli, storage of food
trach④ , passageways of air diaphragm, filters air

10. The mongo seed accidentally inserted into the nose of Lito. It was not taken for 3 days. What do you think could happen to his breathing process?

① Nothing happens.
② Breathing will be more comfortable.
③ The mongo seed blocks the passage of air.
④ The nostrils become wider allowing air to pass through it.

For **item no. 11.** Model of Respiration.



11. Using a model, what must one do to show that a person exhales?

Blow air into th③ube Shake the model
Pull down the④phragm Pushes the diaphragm upward

12. How does the diaphragm react when we inhale?

It contracts. ③ It relaxes.
It does not m④e. It relaxes then contract.

13. What action is given when the rib cage moves downward?

exhalation ③ inhalation and exhalation
inhalation ④ push and pull

For **item no. 14 and 15**. Refer to Table of the composition of inhaled and exhaled air.

Component of air	Inhaled air(%)	Exhaled air (%)	Reason
Oxygen	21	16	Oxygen has diffused from the air in the alveoli into the blood.
Carbon dioxide	0.03	4	Carbon dioxide has diffused from the blood into the air in the alveoli.
Nitrogen	78	78	Nitrogen gas is not used by the body.
Water vapour	less	more	Water evaporates from surfaces in the alveoli.
Temperature	variable	37°C	Heat is loss to the air from the lung surfaces.

14. What can one infer about the data on the composition of inhaled and exhaled air?

① Carbon dioxide is in breathing
② Oxygen is much needed in our body.
③ Nitrogen is more important in our body.
④ Animals and man only need oxygen in exhalation

15. According to this data, which of these statements is true?

① Nitrogen percentages are increased in inhaled air.
② The percentages of carbon dioxide are the same in inhaled air and exhaled air.

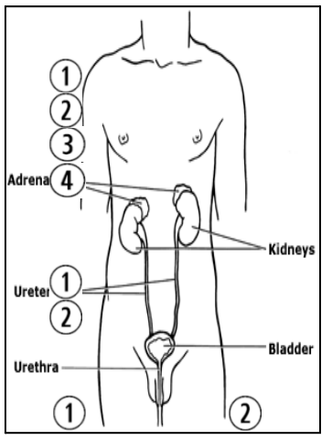
③ There is a decreased percentage of oxygen in exhaled air as compared to inhaled air.
④ The only gases that compose inhaled air and exhaled air are nitrogen, oxygen, and carbon dioxide.

16. When a person suffers deep cough, yellowish phlegm, fever and chest pain, what ailment is he suffering from?
① Bronchitis ② Tonsillitis ③ throat infection ④ Colds

17. The road is very dusty. What is the best thing to do to protect your respiratory system?
① Cover your nose. ② Drink Cold water ③ Wear thick clothes ④ Put a hat on your face.

18. What is the liquid waste that comes out of the body?
① feces ② urine ③ mucous ④ earwax

Refer to the illustration of the Urinary System below to answer **item numbers 19- 21.**



19. Which is the correct pathway for the elimination of urine?
urethra, ureter, bladder, kidney
kidney, urethra, bladder, ureter
bladder, ureters, kidney urethra
kidneys, ureters, bladder, urethra

20. Which is the correct pair of parts and functions of the urinary system?
Urete ③ holds urine Bladder, passageway of urine
Kidne ④ filter waste Urethra, holds waste

21. Which organ filters blood containing wastes collected and removes them from the cells?
Kidne ③ ureters ④ Urinary bladder urethra

22. Which of the following practices help keep our urinary system healthy?

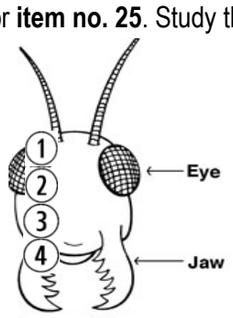
I – Drink plenty of water every day.
II – Eat a balanced diet.
III – Urinate when it is necessary.
IV – Take a bath every day.

① I and II ② II and III ③ III and IV ④ I, II, III and IV

23. Bj is very thirsty after an hour of jogging. Which of the following should he drink to relieve his thirst? Why?
① Cola drink, it is very cold. ③ Water, it is good for the body.
② Coffee, it warms the stomach. ④ Commercial juice drink, it is delicious.

24. Lions and tigers eat small animals like cats. These animals are_____.
① herbivores ② carnivores ③ omnivores ④ cannibals

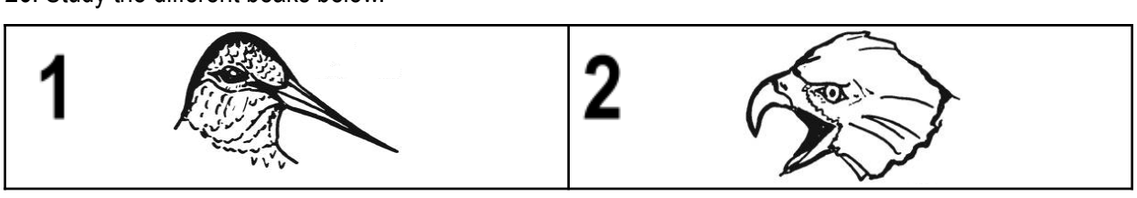
For **item no. 25**. Study the picture of a beetle.



25. Why do you think it has a sharp jaw?

It is used as strong grasp of its prey before chewing.
It is used for sucking the blood of smaller animals.
It will make bigger animals afraid of it.
It will make his food more delicious.

For item 26. Study the different beaks below.

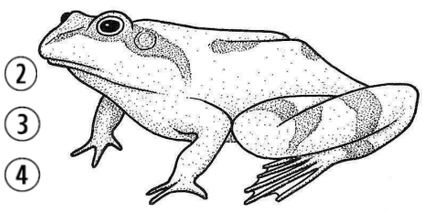


3 	4 

26. Which picture do you think is used for catching a fish?

① 1 ② 2 ③ 3 ④ 4

27. A frog usually stays in swamps and marshes. When drought season comes, how do they survive?



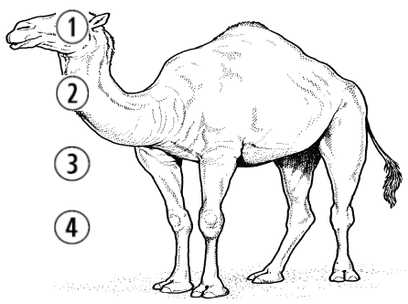
① They eat too much.

They store their own food.

They store water in their skin.

They hibernate and stay underground.

28. Below are the characteristics of camels that enable them to survive in a desert or in an extremely hot environment EXCEPT one.



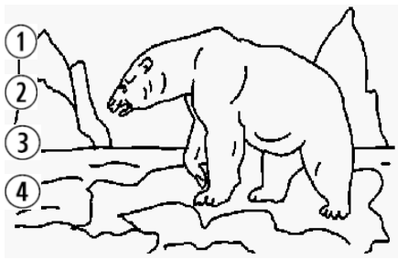
They have fat-filled humps that supply them the energy and moisture they need to survive in long treks

They have extremely long large intestines (colon) for reabsorbing water

They have wide padded feet that allow them walking on rocks and sand.

They have sharp teeth to eat the snakes in the desert.

29. Why do polar bears able to survive in an extremely cold environment?



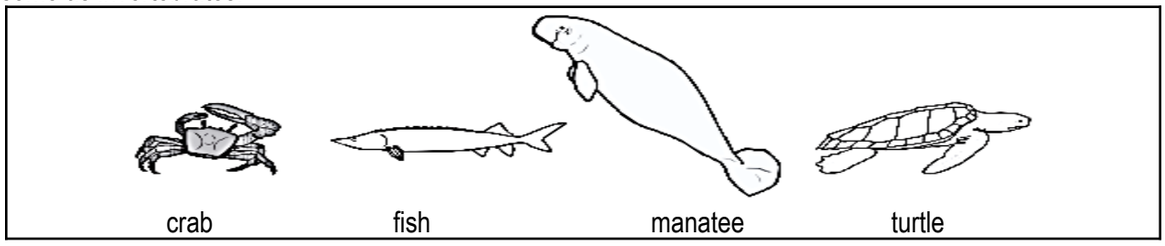
They webbed feet that enable them to swim fast.

They have sharp claws to break the icebergs.

They have thick fur that keeps them warm.

They have strong muscles to run fast.

For item 30 - 31. The organisms shown below live in or near bodies of water. Some are classified as vertebrates and some as invertebrates.



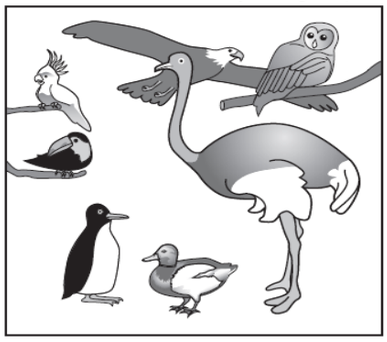
30. Which of the above organism is a vertebrate and why?

① crab, because it has shell covering
② fish, because it doesn't have a bone
③ manatee, because it has a backbone
④ turtle, because it has hard scales and plates

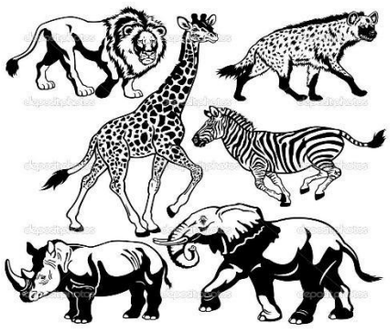
31. Which organism is classified as invertebrate?

① crab, because it doesn't have a backbone
② fish, because it has millions of scales in the body
③ manatee, because it has a backbone
④ turtle, because it has hard scales and plates

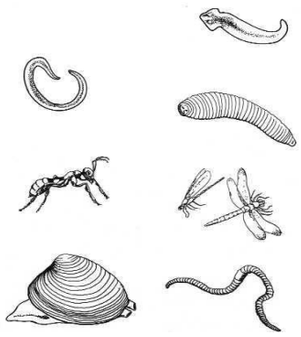
For item 32 - 34. Study the groups of organisms below.



Group A



Group B



Group C

32. Which groups are vertebrates?
1. Group A and Group B
2. Group B and Group C
3. Group A and Group C
4. Groups A, B, and C

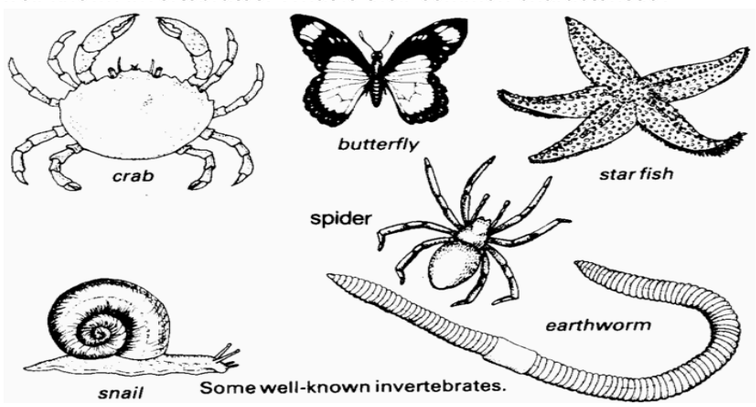
33. Group A is a group of birds. What characteristic do all birds share?
1. They have scales.
2. They have feathers.
3. They have webbed feet.
4. They have wide wings and long legs.

34. Why is Group B classified as vertebrates?
1. They have big muscles.
2. They have sharp teeth.
3. They all have backbones.
4. They have hard and warm bodies.

35. Which group of organisms do you think is invertebrate?

1. Group A, because they have smooth bodies.
2. Group B, because their feet are made up of hard shells.
3. Group C, because they do not have backbones.
4. Group B and C, because they can live in land and in water.

36. Below are some well-known invertebrates. What is their common characteristic?



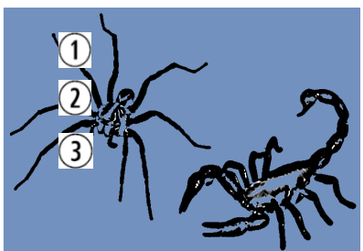
Some well-known invertebrates.

I – They have soft bodies.
II – They have complete body systems.
III – They do not have backbones
IV– They have colourful body coverings.

1. I and II
2. III and IV
3. I, II, and III
4. II only

37. Which group is an invertebrate?
1. snail, spider, bird
2. crab, snake, starfish
3. ant, firefly, alligator
4. earthworm, jelly fish, butterfly

38. Spider and scorpion are invertebrates. Under what classification do they belong?



Sponges

Arachnid

Annelids

④ Porifera

39. Which of the animals below is considered as extinct or endangered?

① dog ② bird ③ snake ④ tarsier

40. As a young student, what do you think is the best way of conserving our animals?

① Put them in cage.
② Take care of them.
③ Hit them with stones.
④ Give them too much food.

SCIENCE V

First Grading Period

TABLE OF SPECIFICATIONS

CONTENTS/COMPETENCIES	Skills						Total Items
	K	C	Ap	An	Syn.	Eval.	
I People	60%		30%		10%		
1. Describe changes in males and females during puberty	1 (1)						1
2. Identify the major parts of male and female reproductive system and describe functions of these parts	1 (2)	1 (3)					2
3. Relate menstrual cycle in females and semen production in males to ability to reproduce.		1 (4)					1
4. Predict possible consequences behavior of intimate relationship between adolescent males and females			1 (5)				1
5. Practice proper hygiene for the external genitalia for safety and protection			1 (6)				1
6. Recall prior ideas regarding the path of air that is inhaled and exhaled		1 (7)					1
7. Identify that parts of the respiratory system where air passes during inhalation and exhalation and describe the function of each part	1 (8)		1 (9)			1 (10)	3
8. Use a model to demonstrate inhalation and exhalation				1 (11)			1
9. Infer the relationship between changes in size of chest cavity and breathing in/out using a soft plastic bottle	1 (12)	1 (13)					2
10. Analyze a table of the composition of inhaled and exhaled gases			1 (14)				1
11.Infer the particular gas the body uses and produces.		1 (15)					1

12. Describe common ailments of the respiratory system including their prevention and cure.		1 (16)		1 (17)			2
13. Communicate prior knowledge regarding where urine come from and how it is formed in the urinary system.	1 (18)						1
14. .Identify parts of the urinary system and their function using a diagram	1 (19)		1 (20)		1 (21)		3
15. Practices desirable health habits to keep the urinary system healthy		1 (22	1 (23)				2
16.Classify animals according to food they eat:herbivores,carnivores,omnivores				1 (24)			1
17.Compare the mouth parts of the animals classifies in no.1.1			1 (25)				1
18. Infer the kind of food eaten from the appearance of mouth parts	1 (26)						1
19. Describe other characteristics that enable animals to survive in an environment whose conditions may change	1 (27)	1 (28)	1 (29)				3
20. Identify vertebrates and their characteristics					1 (30)		1
21. Classify vertebrates into mammals,birds,reptiles,amphibians and fishes	1 (32)	1 (33)	1 (34)				3
22. Identify invertebrates and describe their characteristics (eg….)	1 (31)	1 (35)				1 (36)	3
23. Classify invertebrates into groups	1 (37)	1 (38)					2
24. Identify economically important and endangered animals	1 (39)						1
25. Suggest activities they can do at their level to help conserve animals cited in no.2.5	1 (40)						1
Total	24		12		4		40

KEY:

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