

5th Grade Life Skills Test

Name: _____

Date: _____

1. A responsible Decision is one that is:
A. Healthful
B. Safe
C. Follows laws
D. All of the above
2. Communication can be done by which of the following?
A. Talking
B. Texting
C. Email
D. All of the above
3. The 3 parts of an I-Message are the behavior, the effect, and:
A. The feelings that result
B. The solution to the problem
C. The reason you are angry
D. How you will respond next time.
4. The 3 kinds of health are physical, mental, and:
A. Optimal
B. Emotional
C. Social
D. Answers B and C
5. Nutrients are used by the body to produce:
A. Fats
B. Energy
C. Carbohydrates
D. Minerals
6. How many calories does the average diet consist of?
A. 5000
B. 2000
C. 500
D. 10000
7. The following foods are a good source of carbohydrates except:
A. Potatoes
B. Rice
C. Butter
D. Cereal
8. The following foods are a good source of fats except:
A. Milk
B. Bread
C. Steak
D. Pork
9. What organ in the body does Cirrhosis damage?
A. Liver
B. Heart
C. Kidney
D. Ears
10. What type of drug is alcohol classified as?
A. Stimulant
B. Depressant
C. Both A and B
D. Neither A nor B