MeerkatSkool

PAPER 2

Practice test · Term 3–4
Version 1.7 · 21 October 2026

Life Skills (PSW) · Grade 5

Health, Cultures and Environment

Term 3–4 | 8 questions | CAPS-aligned

TOTAL 51 MARKS

NAME AND SURNAME _____ CLASS _____ DATE _____

Instructions

1. This is Paper 2 of the Grade 5 November exam. It covers the work of Term 3 and Term 4. Paper 1 covers the work of Term 1 and Term 2.
2. This question paper consists of TWO sections. Answer all the questions.
3. Section A consists of short questions. Section B consists of two case studies and short questions.
4. Answer all the questions on the question paper itself, in the spaces provided.
5. Read the case studies in Section B twice before you answer.
6. Write neatly and legibly. Work that cannot be read cannot be marked.

Question	Content of the question	Marks	Obtained
1	Healthy eating	7	
2	Festivals and customs	4	
3	Electrical safety at home	4	
4	Case study: The open plot	8	
5	Case study: The lunch box	7	
6	Safety at home	6	
7	Healthy habits	6	
8	Water as a basic need	9	
	Total	**51**	
	Percentage		%

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Section A Short questions

1 Healthy eating — 7 marks

1.1 South Africa's Food-Based Dietary Guidelines tell us to eat a variety of foods every day. The table below lists four food groups. Write ONE example of food from each group. **(4)**

Letter	Example
A Grains and starch	
B Vegetables and fruit	
C Protein	
D Dairy	

1.2 A child eats chips and cool drink for lunch every day. Name THREE consequences this can have over time. **(3)**

2 Festivals and customs — 4 marks

2.1 Write next to each festival which community mainly celebrates it. **(2)**

Festival	Community
Diwali	
Eid	

2.2 Why is it important to know about other people's festivals and customs? **(2)**

3 Electrical safety at home

4 marks

3.1 Write next to each action whether it is SAFE or UNSAFE. **(2)**

Action	Safe / Unsafe
Touching a plug or a light switch with wet hands	
Switching the heater off at the wall before you pull out the plug	

3.2 Name TWO other rules for using electricity safely at home. **(2)**

_____

_____

Section B Case studies

4 Case study: The open plot

8 marks

Read Case Study 1 twice and then answer the questions.

CASE STUDY 1 · THE OPEN PLOT

Next to Redhill Primary there is an open plot. The municipality collects rubbish only once a month, and people have begun dumping their bags there.

This month the clinic noticed that more children from that street are coming in with stomach problems. After the rain, water stands in old tyres on the plot and there are many mosquitoes.

A group of Grade 5 learners wants to do something, but they do not know where to start.

A situation in a community.

4.1 Name TWO health problems mentioned in the case study. **(2)**

_____

_____

4.2 Explain why standing water in old tyres is dangerous. **(2)**

_____

_____

_____

4.3 Name FOUR steps the Grade 5 learners can take to help. **(4)**

5 Case study: The lunch box

7 marks

Read Case Study 2 twice and then answer the questions.

CASE STUDY 2 · THE LUNCH BOX

Aarav is new in Grade 5. His family is Hindu, and for religious reasons they do not eat meat.

At break he opens his lunch box. A boy next to him looks inside and says loudly: "Wow, what is that stuff? It smells strange." Two other children laugh.

Aarav closes his lunch box and eats alone behind the hall for the rest of the week.

A situation at a primary school.

5.1 Why does Aarav not eat meat? **(1)**

5.2 Name TWO OTHER things (not religion) that can influence what children eat. **(2)**

5.3 Name ONE festival of Christianity, Judaism or African Religion, and describe ONE custom that people follow at that festival. **(2)**

5.4 Name TWO things the class can do so that everyone's food and customs are respected. **(2)**

6 Safety at home

6 marks

6.1 Name TWO harmful household products that must be kept out of the reach of small children. **(2)**

6.2 Write down ONE rule for using medicine safely. **(1)**

6.3 Name TWO ways to prevent a fire at home. **(2)**

6.4 Your clothes catch fire. What must you do? **(1)**

7 Healthy habits

6 marks

7.1 Name TWO ways in which exercise (being active every day) is good for your body. **(2)**

7.2 About how many hours of sleep does a Grade 5 learner need every night? **(1)**

7.3 Name ONE thing that happens to a learner who sleeps too little. **(1)**

7.4 Name TWO ways to look after your teeth. **(2)**

8 Water as a basic need

9 marks

8.1 Give TWO reasons why water is an important basic need for people. **(2)**

8.2 What does WATER SCARCITY mean? **(1)**

8.3 Name TWO things that lead to water scarcity. **(2)**

8.4 Name TWO ways a family can save water. **(2)**

8.5 Name TWO ways in which people can protect the quality of the water in rivers and dams (keep it clean). **(2)**

Total **51 marks**



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