



The OrganWise Guys® Student Assessments of Knowledge **5th Grade**

Purpose of Student Assessments:

To provide a tool for demonstrating students’ mastery of important concepts and skills related to physical activity, nutrition, and general health and safety habits addressed in The OrganWise Guys Fifth Grade Core Materials. Assessments should be given before starting the program and at the conclusion of the program.

Objective/Item Relationships and Answer Key

<u>Grade Five Objectives</u>	<u>Item #</u>	<u>Answer</u>
• Recognize which fat content in milk.	1	C
• Recognize the need for daily habits that promote health	2	A
• Recognized the importance of handwashing	3	A
• Recognize and identify vegetables	4	C
• Understand the basic composition of food	5	D
• Recognize food choices that support good health	6	D
• Recognize the process of digestion	7	B
• Recognize the effects of healthy food choices on digestion	8	C
Total Number of Objectives	8	



The OrganWise Guys Knowledge Assessment Grade 5 PREtest

Student ID Number _____

Today's Date _____

1. Which dairy item below has the least amount of fat in it?

- A. whole milk
- B. low-fat milk
- C. skim milk
- D. low-fat chocolate milk

2. These naturally low-fat, high-fiber, vitamin-rich foods should be eaten daily:

- A. Vegetables and Fruits
- B. Oils
- C. Milk and Cheese
- D. Meats

3. Which habit below helps reduce the spreading of germs.

- A. washing hands with soap
- B. brushing your teeth
- C. drinking water
- D. exercising

4. Which item below is not a vegetable:

- A. broccoli
- B. cabbage
- C. pineapple
- D. peas

5. Food comes in the form of:

- A. Proteins
- B. Carbohydrates
- C. Fats
- D. All of the above

6. An example of a high-fiber food is:

- A. White bread
- B. Potato chips
- C. Bologna
- D. Whole grain bread

TURN PAGE OVER

Grade 5 PREtest (cont.)

7. The digestive process begins in the mouth when you _____.

- A. Cut your food
- B. Chew food
- C. See food
- D. Swallow food

8. Which food below helps slow the digestion of simple sugars to help keep blood sugar levels stable?

- A. Bagel
- B. Orange juice
- C. High-Fiber Cereal
- D. Donut

STOP



The OrganWise Guys Knowledge Assessment Grade 5 POSTtest

Student ID Number _____

Today's Date _____

1. Which dairy item below has the least amount of fat in it?

- A. whole milk
- B. low-fat milk
- C. skim milk
- D. low-fat chocolate milk

2. These naturally low-fat, high-fiber, vitamin-rich foods should be eaten daily:

- A. Vegetables and Fruits
- B. Oils
- C. Milk and Cheese
- D. Meats

3. Which habit below helps reduce the spreading of germs?

- A. washing hands with soap
- B. brushing your teeth
- C. drinking water
- D. exercising

4. Which item below is not a vegetable:

- A. broccoli
- B. cabbage
- C. pineapple
- D. peas

5. Food comes in the form of:

- A. Proteins
- B. Carbohydrates
- C. Fats
- D. All of the above

6. An example of a high-fiber food is:

- A. White bread
- B. Potato chips
- C. Bologna
- D. Whole grain bread

Grade 5 POSTtest (cont.)

7. The digestive process begins in the mouth when you _____.

- A. Cut your food
- B. Chew food
- C. See food
- D. Swallow food

8. Which food below helps slow the digestion of simple sugars to help keep blood sugar levels stable?

- A. Bagel
- B. Orange juice
- C. High-Fiber Cereal
- D. Donut

Now that I have read *Undercover Diabetes Health Agents*, I plan to make the following change in my daily eating habits:

STOP