

PRIMARY SCIENCE

KCPE MODEL TEST PAPER ON HEALTH EDUCATION

Based on KCPE 2001-2010 Past Papers

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1. Which of the following contains a weakened form of disease causing germs?
 - A. Stimulant
 - B. Vaccine
 - C. Herbal extract
 - D. Depressant
2. Which of the following is NOT an effect of cigarette smoking?
 - A. Air pollution
 - B. Restlessness
 - C. Discoloured teeth
 - D. Heart attacks
3. Which one of the following is NOT a drug abuse?
 - A. Taking prescribed drugs for a long time
 - B. Taking less of prescribed drugs
 - C. Using the drug for a wrong sickness
 - D. Taking an overdose of a prescribed drug
4. Which one of the following is NOT an effect of abusing alcohol?
 - A. Loss of memory
 - B. Social and family problems
 - C. Hallucinations
 - D. Poor health
5. Which one of the following drugs is a stimulant when used in small quantities but depressant when used in large quantities?
 - A. Khat
 - B. Coffee
 - C. Tobacco
 - D. Alcohol
6. Which one of the following groups of drugs are harmful but may be legal in some countries?
 - A. Tobacco, khat, beer
 - B. Heroin, bhang, beer
 - C. Bhang, heroin, beer
 - D. Tobacco, madrax, khat
7. Vaccines are?
 - A. Pain relievers
 - B. Preventive drugs
 - C. Curative drugs
 - D. Stimulants

8. Choose a pair where any of the methods can be used for making water safe for drinking?
- A. Filtration, decantation
 - B. Decantation, boiling
 - C. Addition of chemicals, filtration
 - D. Addition of chemicals, decantation
9. Which one of the following drugs consists of a stimulant and a depressant?
- A. Bhang and caffeine
 - B. Cocaine and alcohol
 - C. Khat and tobacco
 - D. Cobbler's glue and heroine
10. Which one of the following statements is NOT true about bhang and khat? Both
- A. Affect the nervous system
 - B. Are addictive drugs
 - C. Are prohibited drugs
 - D. Are from plant materials
11. Which one of the following drugs causes drowsiness when abused?
- A. Khat
 - B. Heroine
 - C. Tobacco
 - D. Cocaine
12. Which one of the following is NOT important to consider when taking medicine?
- A. How to store the medicine
 - B. The date of manufacture
 - C. Duration of complete dose
 - D. Advice from my friends
13. Which one of the following drugs has similar effects to miraa (khat) when abused?
- A. Heroine
 - B. Excessive alcohol
 - C. Tobacco
 - D. Madrax
14. Which one of the following lists consists of only drugs of abuse that are prohibited in some countries, e.g. Kenya?
- A. Cobbler's glue, khat, beer
 - B. Cocaine, heroine, madrax

- C. Bhang, beer, tobacco
D. Khat, tobacco, cocaine
15. Which one of the following is NOT a reason why drugs should be stored in their properly labeled containers? To avoid
- A. Wrong usage
 - B. Getting expired
 - C. Contamination
 - D. Spoiled
16. Which of the following groups consists of only diseases that are immunisable?
- A. Whooping cough, tuberculosis, tetanus
 - B. Bilharzias, yellow fever, cholera
 - C. Measles, malaria, Diphtheria
 - D. Dysentery, Hepatitis B, poliomyelitis
17. The following are stages of HIV infection.
- i). Widow stage
 - ii). Symptoms
 - iii). Full blown
 - iv). Incubation
- Which of the following is the CORRECT order of the stages?
- A. (i), (ii), (iii) (iv)
 - B. (ii), (iii), (iv) (i)
 - C. (i), (iv), (iii) (ii)
 - D. (i), (iii), (iv) (ii)
18. The following are effects of drug abuse
- (i) rape (ii) Addiction (iii) Lack of concentration (iv) Truancy
 - (v) Impartial judgments
- Which of them are all health effects?
- A. (i), (iv) (v)
 - B. (ii) (iii), (iv)
 - C. (i), (ii), (iv)
 - D. (ii), (iii), (iv)
19. Which one of the following practices will help to prevent the spread of cholera?
- A. Drinking filtered water
 - B. Spraying chemical in stagnant water
 - C. Wearing protective shoes when walking in dirty water
 - D. converting pit latrine after use
20. The following signs and symptoms were observed in a certain child.
- (i) Thin and weak
 - (ii) Wrinkled face
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- (iii) Pot bellied
- (iv) Hungry and crying a lot

The child was mostly likely to have suffered from?

- A. Kwashiorkor
- B. Anemia
- C. Rickets
- D. Marasmus

21. Which of the following groups consists of foodstuffs that protect the body from diseases?
- A. Lemon, cabbage, carrot
 - B. Maize, orange, spinach
 - C. Maize, potatoes, rice
 - D. Meat, orange, spinach
22. The most likely reason why some expectant mothers crave soil is to?
- A. Increase appetite
 - B. Increase breast milk production after delivery
 - C. Lack of sufficient minerals
 - D. Provide sufficient mineral nutrients
23. One of the following is TRUE about HIV and AIDS.
- A. It is not spread during the asymptomatic phase
 - B. During the window stage a person may test negative
 - C. All HIV positive people have AIDS
 - D. It can be spread by sharing utensils
24. One of the following is NOT a communicable disease?
- A. Measles
 - B. Tetanus
 - C. Whooping cough
 - D. Tuberculosis
25. A child suffering from kwashiorkor should be given food rich in?
- A. Vitamins
 - B. Fats
 - C. Carbohydrates
 - D. Proteins
26. Wearing protective clothing while walking in stagnant water can prevent one from contracting?
- A. Bilhazia
 - B. Bilhazia and cholera
 - C. Typhoid
 - D. Typhoid and cholera

27. Which one of the following statements is correct according to immunization schedule of infant?
- A. DPT and measles vaccines are given at 14 weeks
 - B. The first dose of polio is given at 6 weeks
 - C. DPT vaccines is given at birth and at 10 years
 - D. Polio and BCG vaccines are given at birth
28. The following are some methods of preserving food;
(i) Smoking (ii) Drying (iii) Freezing (iv) Salting (v) Canning
Which methods are traditional?
- A. (i) (iii) and (iv)
 - B. (ii) (iv) and (v)
 - C. (ii) (iv) and (v)
 - D. (i) (ii) and (iv)
29. Which of the following groups of foods consists only of foodstuffs that are used for body building and repair?
- A. Wheat, fish, maize
 - B. Rice, oranges, meat
 - C. Beans, potatoes, groundnuts
 - D. Eggs, peas, milk
30. The function of fibre in the human diet is to
- A. Help in digestion of food
 - B. Provide body with nutrients
 - C. Prevent constipation
 - D. Transport digested food
31. Which of the following information is usually given when obtaining medicine from a pharmacy?
- A. How to store medicine
 - B. Expiry date
 - C. The dose
 - D. Disposal methods of containers
32. Which of the following is true about HIV and AIDS?
- A. Premarital sex is the only mode of transmission
 - B. People living with HIV are thin
 - C. HIV and AIDS is a curse
 - D. People living with HIV are advised to eat small amounts of food at a time

33. A child with thin and brown hair, swollen hands, feet and face is also likely to:?
- A. Have a faster heart beats
 - B. Appear weak and inactive
 - C. Have knock knees
 - D. Have face that of an old person
34. Which one of the following animals belongs to the same group as a weevil
- A. Crab
 - B. Mite
 - C. Spider
 - D. Termite
35. Draining of stagnant water can prevent the spread of?
- A. Cholera and bilharzias
 - B. Bilharzia and malaria
 - C. Cholera and typhoid
 - D. Typhoid and malaria
36. Which of the following effects of drug abuse consists only of social effects?
- A. Drug addiction and loss of concentration
 - B. Drug induce accidents and truancy
 - C. Rape and withdrawal symptoms
 - D. Theft and lack of concentration
37. A lactating mother needs food rich in iron in order?
- A. To increase milk production
 - B. For the formation of strong bones in the body
 - C. To protect the body against diseases
 - D. To replace blood lost during birth
38. Which pairs of the following consists only of social effects of drug abuse?
- A. Rape and truancy
 - B. Impartial judgment and loss of awareness
 - C. Accident and withdrawal
 - D. Lack of expectations and concentration
39. Which one of the following is TRUE about the incubation stage of HIV infection?
- A. The body can not fight diseases
 - B. There is the first stage of infection
 - C. There is no visible signs
 - D. If the HIV test is carried on, the result is negative

40. Which one of the following pairs of infection consists only of those that are sexually transmitted?
- A. Chancroid and HIV
 - B. Syphilis and typhoid
 - C. Gonorrhea and tuberculosis
 - D. Gonorrhea and bilharzias
41. Which of the following diseases can be prevented by wearing gumboots and gloves?
- A. Malaria
 - B. Typhoid
 - C. Bilharzias
 - D. Cholera
42. Which of the following is a modern method of preserving food?
- A. Canning
 - B. Drying
 - C. Smoking
 - D. Salting
43. Drugs taken to treat diseases are?
- A. Pain relieve
 - B. Preventive
 - C. Stimulant
 - D. Curative
44. Which of the following is prohibited in Kenya when used as a drug?
- A. Beer
 - B. Cobbler's glue
 - C. Tobacco
 - D. Khat
45. Which of the following is the MAIN reason to breastfeed the baby by the mother?
- A. The milk produced by the mother is easily digested
 - B. Milk from the mother helps the baby to grow
 - C. Milk from the mother helps the baby to build body immunity
 - D. Milk from the mother helps the baby to have strong bones

46. Which of the following substances is commonly used by street boys in Kenya?
- A. Beer
 - B. Khat
 - C. Tobacco
 - D. Glue
47. Some curative drugs are also called?
- A. Antibiotics
 - B. Vaccines
 - C. Stimulants
 - D. Painkillers
48. Which of the following groups of foodstuffs constitute a balanced diet?
- A. Potatoes, beans, eggs
 - B. Rice, chapati, beef
 - C. Chicken, cabbage, beans
 - D. Peas, ugali, spinach
49. The MAIN reason why a baby needs to be breastfed by the mother is that the Milk produced?
- A. Helps to build the baby's immunity
 - B. Helps the baby to grow fast
 - C. Helps the baby's bones to be strong
 - D. Is easily digested

ANSWERS

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