



Growing Up Healthy and Getting Along

Name: _____

Class: _____

1. Amy feels angry after her classmate took her pencil without asking. Which is the best way for her to express her feelings?

- A. Shout at the classmate and snatch the pencil back
- B. Tell the classmate calmly that she feels upset and ask for the pencil back
- C. Stay silent and never talk to the classmate again
- D. Throw her books on the floor to show she is angry

2. Tom is good at drawing but finds running difficult. Which statement shows healthy self-affirmation?

- A. I am useless at sport so I should give up all PE activities
- B. I am good at drawing, and I can practise running to improve
- C. I must be the best at everything or I am a failure
- D. Only people who run fast have any value

3. Which action helps improve interpersonal relationships in a group project?

- A. Listen to classmates' ideas and take turns speaking
- B. Interrupt others whenever you disagree
- C. Blame teammates when the work is not perfect
- D. Refuse to share any materials with the group

4. Which of the following is a stage of personal growth that Primary 4 pupils experience?

- A. Infancy only
- B. Childhood, with growing independence and learning
- C. Old age with retirement
- D. Only adulthood with a full-time job

5. As children grow from early primary to upper primary, which change often happens?
- A. They stop needing any friends
 - B. Their bodies and thinking skills usually develop further
 - C. They immediately become fully grown adults
 - D. They lose interest in learning new skills
6. What is the main job of the heart in the circulatory system?
- A. To digest food in the stomach
 - B. To pump blood around the body
 - C. To think and remember lessons
 - D. To filter air before breathing
7. Which organ is mainly responsible for breathing in oxygen and breathing out carbon dioxide?
- A. Lungs
 - B. Stomach
 - C. Bones
 - D. Skin only
8. Which body system helps us bend our arms and legs when we play basketball?
- A. Digestive system
 - B. Muscular system
 - C. Only the hair
 - D. Circulatory system alone without muscles
9. Which habit is part of a healthy lifestyle for a primary pupil in Hong Kong?
- A. Sleeping and waking at regular times each day
 - B. Playing online games until after midnight every night
 - C. Eating only crisps and soft drinks for lunch
 - D. Never doing any physical activity
10. Mei loves her tablet. Which choice best shows she is not overly addicted to the internet?
- A. Using the tablet all night and sleeping only three hours
 - B. Finishing homework first, then using the tablet for a short set time
 - C. Skipping dinner so she can play more online games
 - D. Refusing to talk to family whenever her game is on

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Answers

1 B

When we feel strong emotions, we should use calm words to tell others how we feel and what we need.

Saying she feels upset and asking the classmate to return the pencil is respectful and clear. Being rude or keeping silent can hurt the friendship or leave the problem unsolved.

2 B

Self-affirmation means recognising both our strengths and areas we can improve, without putting ourselves down.

Tom can be proud of his drawing skill and still practise running to get better. Focusing only on weaknesses or comparing ourselves unfairly is less helpful.

3 A

Good relationships grow when we listen, share ideas fairly, and work together.

Listening to classmates' ideas and taking turns shows respect. Interrupting, blaming, or refusing to take part can damage teamwork and trust.

4 B

Personal growth includes physical, mental, and social changes as we get older.

At primary school age, children are in the stage of childhood, developing skills, friendships, and more independence. Infancy is for babies, and old age comes much later in life.

5 B

Growth stages bring many changes in body, mind, and social life.

Upper primary pupils usually become better at thinking and problem-solving, and they can take more responsibility for learning and friendships. Shrinking or losing all curiosity is not a normal growth pattern.

6 B

The heart is a muscular pump in the circulatory system.

It pumps blood around the body so that oxygen and nutrients can reach all parts. Digestion of food is mainly the digestive system's job, and thinking is done by the brain.

7 A

The lungs are the main organs of the respiratory system.

When we breathe in, oxygen enters the lungs; when we breathe out, carbon dioxide leaves. The stomach digests food, and the bones support the body and protect organs.

8 B

The muscular system works with the skeleton so we can move.

Muscles pull on bones to bend joints when we run, jump, or throw. The digestive system breaks down food, and the circulatory system moves blood.

9 A

A healthy lifestyle includes regular routines, balanced meals, enough sleep, and not spending too much time online.

Going to bed and waking up at regular times helps the body rest and learn better. Staying up very late gaming every night or skipping meals regularly can harm health.

Healthy internet use means setting limits and balancing screen time with study, rest, outdoor play, and family time.

Finishing homework first and then using the tablet for a short agreed time is a balanced habit. Using devices all night or skipping meals for games can harm health and relationships.