



# Conquesta 2014

(International Multiple Choice Primary School Olympiads – Est. 1998)  
 Conquesta, P O Box 99, Kloof, 3640, South Africa  
 Tel: (031) 764-1972 \* Fax: (086) 637-7808 or (031) 764-0074  
 E-mail: [conquest@iafrica.com](mailto:conquest@iafrica.com) \* Website: [www.conquestaolympiads.com](http://www.conquestaolympiads.com)


Please return papers in STRICT NUMERICAL ORDER by student number. If a student writes more than one subject, please keep his/her papers together. Thank you.

## Personal and Social Well-being & Physical Education (Life Skills 1) – Grade 3

Welcome to your Conquesta Olympiad.  
 Read all the questions carefully.  
 (Teacher assistance allowed.)

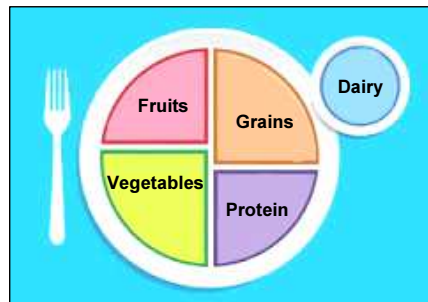
You must decide which is the correct answer for each question – and draw a circle around (a), (b), (c) or (d) on the right hand side of each question.  
 You may only choose one answer for each question.



<i>Example:</i> Cricket is .....		(a) a food.	(b) a craft.	(c) a sport.	(d) a project.
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It is extremely important to have a healthy diet.  
 A healthy diet builds a healthy body and a healthy mind.  
 As important as healthy eating, is lots of exercise which helps you to stay slim and trim.

Read the information and look at the picture for questions 1 – 6.  
 Circle the correct answers.








1. Which food groups should take up most of your plate?	(a) protein	(b) vegetables	(c) fruit	(d) grains
2. Which food is <u>not</u> a grain?	(a) wheat	(b) rice	(c) couscous	(d) peas
3. Which dairy product would be the healthiest for building strong bones?	(a) ice cream	(b) cream	(c) milk	(d) chocolate milkshake

4. Dairy products contain ..... that helps build healthy bones.	(a) minerals	(b) vitamins	(c) calcium	(d) proteins
5. As a child you should drink about ..... glasses of water a day.	(a) 10	(b) 6	(c) 2	(d) 20
6. Drinking water helps to keep your body .....	(a) hydrated.	(b) sweaty.	(c) clever.	(d) thirsty.

It is Heritage Day. You are at the beach with your family and friends having a braai. The adults are chatting and watching the children play cricket. While playing, you run into your friend. You bump his nose and it starts to bleed.

Circle the correct answers for questions 7 - 17.

7. The first thing you should do is .....	(a) shout at him for being in the way.	(b) wipe the blood away.	(c) apologise for hurting him.	(d) just walk away.
				
8. Which picture shows how your friend may be feeling?	(a) 	(b) 	(c) 	(d) 
9. If there is blood, you should always wear ..... to treat the injury.	(a) gloves	(b) a mask	(c) an apron	(d) nothing
10. The best way to treat a nose bleed is to .....	(a) put cotton wool up your nose.	(b) blow your nose.	(c) lie down on your back and lift up your legs.	(d) sit down with your head bent forward and pinch the soft part of your nose.
