



Health and Wellbeing

Multiple choice: practical health skills | Cambridge IGCSE ESL 0510/0511

1. Lead-in discussion

Talk with a partner before you read.

1. Should teenagers learn first aid at school?
2. What might make someone panic in an emergency?
3. Is confidence always helpful in a serious situation?
4. What health skills are useful in everyday life?

Exercise 4 at a glance

Read one longer text and answer six multiple-choice questions. Choose A, B or C. The correct answer may depend on attitude, purpose or a detail across a whole paragraph, not just one matching word.

2. Read for overall understanding

Read the article. How did the course change Yasmin's view of first aid?

Joining a first-aid course

by Yasmin Ali

I joined the first-aid course because my friend did not want to go alone. I expected a few dramatic demonstrations and perhaps a certificate at the end. On the first morning, the instructor asked us what we would do if someone collapsed in a sports centre. Several students gave confident answers, including me. Then she showed how many mistakes we had made: rushing in without checking danger, forgetting to call for help and moving a person too quickly.

That was uncomfortable, but it made the course feel serious. The instructor said first aid is not about becoming a mini-doctor. It is about keeping someone safe until professional help arrives. We practised simple steps repeatedly: check the area, speak to the person, ask someone specific to call emergency services and describe what has happened. Asking a specific person mattered because a crowd can assume someone else is already making the call.

The hardest session was about staying calm. We had to respond to a fake accident while other students made background noise. I found it difficult to remember the order of actions when people were shouting questions. Afterwards, the instructor explained that panic often comes from trying to solve everything at once. She told us to choose the next safe action, not the perfect action. That advice helped more than any complicated medical term.

A week later, I used part of the training in a less dramatic situation. A younger student cut his hand during a design lesson and looked frightened by the blood. I did not need to do anything impressive. I asked him to sit down, found a teacher and kept speaking calmly while someone brought the first-aid box. Before the course, I might have stared at the injury or told him not to worry in a useless way. This time, I gave him something simple to focus on.

The course did not make me fearless. If a serious accident happened, I would still be nervous. But now I understand that useful help can be small and organised. Health and wellbeing are often discussed as exercise, diet or stress, but practical skills matter too. Knowing how to respond can protect another person, and it can stop your own fear from making the situation worse.

3. Strategy focus

Underline the key words

Before reading the options, underline the key words in the question. Look especially for reason, result, attitude or main point.

4. Exam-style multiple-choice questions

For each question, choose the correct answer, A, B or C.

Question 1

Why did Yasmin join the first-aid course?

- A She went mainly to support her friend.
- B She wanted to train as a doctor.
- C She had already helped in an emergency.

Question 2

What did the instructor show on the first morning?

- A Most students already knew the correct steps.
- B Confident answers can still include unsafe mistakes.
- C Moving an injured person quickly is usually best.

Question 3

Why should someone be asked specifically to call emergency services?

- A Crowds usually refuse to help.
- B Emergency calls must be made by students.
- C Otherwise everyone may think another person is doing it.

Question 4

What did Yasmin learn about panic?

- A It disappears when people know medical terms.
- B It is caused mainly by background noise.
- C It can be reduced by choosing the next safe action.

Question 5

How did Yasmin help the younger student?

- A She treated the injury without a teacher.
- B She stayed calm and got practical support.
- C She ignored the blood so he would not notice it.

Question 6

What is Yasmin's final point?

- A Small organised actions can be valuable in emergencies.
- B First aid removes all fear from serious situations.
- C Wellbeing is only about physical fitness.

5. Follow-up tasks

1. Discussion: What practical health skill should all students learn?
2. Strategy: Identify one option that is too extreme and explain why the text does not support it.
3. Writing: Write three calm instructions for someone helping in a minor emergency.
4. Vocabulary: Circle words and phrases connected to safety, health and stress.

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Multiple choice: practical health skills

2. Read for overall understanding

Suggested answer: She realised first aid is not about being heroic, but about staying calm, noticing risk and giving practical help.

4. Exam-style multiple-choice questions

1. A; 2. B; 3. C; 4. C; 5. B; 6. A

1. A - She says she joined because her friend did not want to go alone.
2. B - Students gave confident answers but made mistakes.
3. C - A crowd can assume someone else is making the call.
4. C - The instructor advises choosing the next safe action, not solving everything.
5. B - She sat him down, found a teacher and spoke calmly.
6. A - She says useful help can be small and organised.