



Ministry of
Education, Skills,
Youth & Information

Primary Exit Profile (PEP 5)

June 2025

Performance Task - Language Arts

Time: 1 hour 30 minutes

Write your name and the name of your school below: _____

Name of Student

Name of School

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General Instructions:

This task has two parts: Part 1 has six questions; in Part 2 you are asked to write an essay.

Instructions to Begin:

There are two sources. Read the sources carefully then use them to answer the questions in Part 1, as well as to write your essay in Part 2.

Introduction to Task

The Ministry of Health & Wellness, as part of their Food Based Dietary Guidelines, recommends that children eat more fruits daily. Your teacher has asked you to do some research on fruits in Jamaica then write an essay about the benefits of eating fruits. While researching, you found two (2) sources. **Source 1** is a table with information about fruits sold at a school. **Source 2** is an article from a healthcare website.







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Source 1

Table Showing Fruits Sold at a School

Fruit	Cost	Vitamin	Availability	Benefits
orange 	\$60 each	Vitamin C	December to March	<ul style="list-style-type: none"> rich in fibre keeps blood sugar level normal
ripe banana 	\$40 each	Vitamin B Vitamin C	All year	<ul style="list-style-type: none"> source of potassium lowers blood pressure helps to fight viruses and infections
pineapple 	\$100 (3 slices)	Vitamin C	All year	<ul style="list-style-type: none"> improves digestion
mango 	\$200 each	Vitamin C Vitamin A	April to September	<ul style="list-style-type: none"> contributes to healthy skin
guineps 	\$100 (per bunch)	Vitamin A Vitamin B Vitamin C	June to August	<ul style="list-style-type: none"> protects the immune system
june plum 	\$70 each	Vitamin A Vitamin C Vitamin K	December to March	<ul style="list-style-type: none"> contributes to healthy skin

Source: EAASB

Source 2

How much fruit should you eat?

Ideally, half of your child's plate should be filled with a combination of fruits and vegetables. But the reality is that children can be picky eaters and fresh fruit can be expensive or difficult to find. So no one expects perfection.

How much is right for your child will depend on their age, size and activity level. A pre-schooler might need the equivalent of one cup of fruit each day while a teenager might need two cups. Children with limited vegetable intake would benefit from eating more fruit.

1 cup of fruit means:

- 1 medium-sized whole fruit like a banana or apple
- 1 cup of fruit like mangoes, pineapple or chunks of fruit
- ½ cup of dried fruit
- 1 cup of 100% fruit juice

Fruits give your child essential nutrients that their bodies need to grow and function. These include potassium, fibre, vitamin B and C. These nutrients help with nearly every aspect of body health, including bowel function, wound healing, helping to fight illnesses, and dental health.

Including fruits in children's diet will also help them to develop healthy eating habits, prevent obesity, and may prevent lifestyle illnesses like high blood pressure and diabetes.

Source: (Adapted) www.mayoclinic.org

Part 1

Instructions:

This part has **SIX (6)** questions. Read each question carefully, then answer them.

1. Based on the information in **Source 1**, which vitamin do we mainly get from fruits?

2. Which source uses **MOSTLY** *comparison/contrast*?

3. From Source 1, list **TWO** fruits that are seasonal.

i.

ii.

4. Read the conclusion in the box below then indicate whether it is supported by evidence from Source 1 **OR** Source 2.

Conclusion:

Some children may not be eating enough fruits daily.

Circle the correct response for question 5A.

- 5A. For whom is the article in Source 2 **most likely** intended?

- A. caterers
- B. parents
- C. teachers
- D. principals

- 5B. Give **ONE** reason for your answer to question 5A.

Part 2

Now that you have gathered information from the two Sources, use the information to help you write your essay in this section.

Instructions:

Task

Write an essay in which you explain **THREE** reasons why it is important to eat fruits daily.

Read the information below about what to include in your essay, then begin your work.

When you write your essay, remember that it should:

- have an introduction and a conclusion
- stay on topic
- use details from **both sources** to support your opinion
- give details from the sources in your own words
- follow rules of writing (spelling, punctuation, and grammar usage)
- be written in paragraphs



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Primary Exit Profile - 2025

Name: _____

Date of Birth: _____

School Name: _____

School Code: _____

Centre: _____

Parish: _____

Name of Test: **PERFORMANCE TASK (PEP5) 2025 - LANGUAGE ARTS**

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GENERAL INSTRUCTIONS

Read the instructions below before answering the questions in the booklet:

1. Write your answers in your test booklet.
2. Read each instruction carefully, before responding to the questions in each part.
3. Ensure that all questions are answered.

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BOOKLET # ASSIGNED

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