

2009 NIUE GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY

This survey is about your health and the things you do that may affect your health. Students like you all over your country are doing this survey. Students in many other countries around the world also are doing this survey. The information you give will be used to develop better health programs for young people like yourself.

DO NOT write your name on this survey or the answer sheet. The answers you give will be kept private. No one will know how you answer. Answer the questions based on what you really know or do. There are no right or wrong answers.

Completing the survey is voluntary. Your grade or mark in this class will not be affected whether or not you answer the questions. If you do not want to answer a question, just leave it blank.

Make sure to read every question. Fill in the circles on your answer sheet that match your answer. Use only the pencil you are given. When you are done, do what the person who is giving you the survey says to do.

Here is an example of how to fill in the circles:

Fill in the circles like this



Not like this



or



Survey

1. Do fish live in water?
 - A. Yes
 - B. No

Answer sheet

1. ☒ (B) (C) (D) (E) (F) (G) (H)

Thank you very much for your help.

1. Fiha e tau haau he moui?
 - A. 11 e tau po ke i lalo hifo he 11 e tau.
 - B. 12 e tau
 - C. 13 e tau
 - D. 14 e tau
 - E. 15 e tau
 - F. 16 e tau po ke molea e 16 e tau he moui.
2. Koe Tama Taane a koe po ke Tama Fifine?
 - A. Tama Taane
 - B. Tama Fifine
3. Nofo a koe he vahega fiha?
 - A. Vahega 1 he Aoga Tokoluga ha Niue
 - B. Vahega 2 he Aoga Tokoluga ha Niue
 - C. Vahega 3 he Aoga Tokoluga ha Niue
 - D. Vahega 4 he Aoga Tokoluga ha Niue
 - E. Vahega 5 he Aoga Tokoluga ha Niue
 - F. Vahega 6 he Aoga Tokoluga ha Niue
 - G. Vahega 7 he Aoga Tokoluga ha Niue

Koe tau huhu 6 ne kua amaamanaki ke huhu atu. Koe tau huhu hagaao ia kehe haau a loa, haau a mamafa, mo e tau magaaho ka hoge ai a koe.

4. Fiha e loa haau ka aaki e tau sevae ti fuafua?
 KE HE LAUPEPA KE TALI AKI E TAU HUU NE KUA ATU KIA KOE. TOHIA FAKAMITAKI HAAU A LOA KE HE TAU PUHA NE TOLU I LALO HIFO HE HEIGHT (CM) TI VALIVALI E TAU FUA VELIVELI I LALO HIFO HE NUMELA HAAU NE TOHIA HE TAU PUHA TOLU I LUGA.




Example

Height (cm)		
1	5	3
0		0
0	1	1
2	2	2
	3	0
	4	4
	0	5
	6	6
	8	7
		8
	9	9
9	Ai iloa e au koe fiha e loa haaku.	

5. Fiha e mamafa haau ka fuafua moe nakai tui haau a tau sevae?

KE HE LAUPEPA NA KUA ATU MO TOHIA AKI E TAU TALI HAAU. TOHIA HAAU A MAMafa HE TAU PUHA NE TOLU I LALO HIFO HE WEIGHT (KG). TI VALIVALI E TAU FUA VELIVELI I LALO HIFO HE TAU NUMELA IA. KOE FAKATAI IA HANA KUA FAKAKITE ATU.

Example

Weight (kg)		
0	5	2
	0	
1	1	1
	0	
2	2	
	3	3
	4	4
		5
	6	6
	7	7
		8
	9	9
9	Ai iloa au koe fiha e mamafa haaku	

6. Talahau fefe haau a mamafa kehe tau magaaho nei?
- Tokolalo lahi e mamafa
 - Mamafa Fakatote?
 - Lata tonu e mamafa
 - Hake fakatose e mamafa
 - Molea e mamafa
7. Koe heigoa mai he tau mena na kua fakakite atu i lalo kua amaamanaki a koe ke tause ke lagomatai ke tukutuku hifo aki haau a mamafa?

- Nakai fai mena au ne taute ke lata moe mamafa haaku
- Ke tukutuku hifo e mamafa
- Ke fai mamafa ki luga
- Ke toka taha e mamafa

8. Ke he 30 e aho kua mole, fano nakai a koe ke faofao haau a tino po ke lali ke nakai fai mamafa ka hake ki luga?

- E, fai.
- Nakai, ai fai

9. Ke he 30 e aho kua mole, laga fiha e nakai fai kai pogipogi a koe to hau he aoga he nakai lahi poke nakai fai mena kai he haau a loto kaina ke kai a koe?

- Ai fai magaaho
- Lavea
- Falu a magaaho
- Lagaloga
- Tumau

Koe tau huhu 2 na i lalo hagaaio ia kehe tau kai pogipogi haau.

10. Ke he 30 aho he mole ki tua, lagafiha ne kai e koe e kai pogopogi haau?

- Ai fai aho
- Lavea
- Falu magaaho
- Lagaloga
- Tumau

11. Ko e heigoa e tau kakano ne nakai kai haau a kai pogipogi?

- Kai tumau e kai pogipogi haaku
- Nakai fai magaaho au ke kai e kai pogipogi
- Ai maeke au ke kai tuai he mogo pogipogi
- Nakai fai mena kai tumau haaku a kaina**
- Fai kakano foki

Koe tau huhu ne 8 na i lalo. To huhu atu hagai ia ke he tau mena ne kua fa mahani a koe ke ke kai moe inu.

12. Ke he 30 aho kua mole, lagafiha e kai fua lakau kai a koe he aho ke tuga e tau fua mago, fua kautoga, fua vi, apala, pea, palamu, kulepi, fua moli, fua moli mandarin, meleni, poke fua loku ?
- A. Ai kai fua lakau kai au he 30 e aho kua mole
 - B. I lalo hifo he laga taha he aho
 - C. Lagataha he aho
 - D. Lagaua he aho
 - E. Lagatolu he aho
 - F. **Lagafa he aho**
 - G. Lagalima moe molea e lagalima he aho
13. Ke he 30 aho kua mole, lagafiha e kai laukou kai a koe he aho ke tuga e tau lau kapisi, pok choy, silverbeet, kaluku, lau talo, celery, aniani, broccoli, cauliflower, tau fua tomato, kukama, Zucchini, mosini, parsley, kaliki, poke buttercup?
- A. Ai kai au ha laukou kai poke tau fua lakau ne tohia I luga he 30 aho kua mole.
 - B. Ki lalo he lagataha he aho
 - C. Lagataha he aho
 - D. Lagaua he aho
 - E. Lagatolu he aho
 - F. Lagafa he aho
 - G. Lagalima moe molea e lagalima he aho
14. Ke he 30 aho kua mole, lagafiha e inu huhu poke kai a koe he tau mena kai ne tause aki e huhu tuga e huhu longlife, huhu fullcream, poke soya, yoghurt, ase kulimi, moe isiisi he aho?
- A. **Nakai inu huhu po ke kai au he ha mena kai ne tause aki e huhu ke he 30 e aho kua mole**
 - B. Ki lalo he lagataha he aho
 - C. Lagataha he aho
 - D. Lagaua he aho
 - E. Lagatolu he aho
 - F. Lagafa he aho
 - G. Lagalima moe molea e lagalima he aho

15. Ke he 30 aho kua mole, laga fiha e kai haau he tau mena kai fakamasima he aho tuga e povi masima, punu povi, ham, tau fi sipi moe tau snacks?
- A. Ai kai matima au
 - B. I lalo hifo he lagataha he aho
 - C. Lagataha he aho
 - D. Lagaua he aho
 - E. Lagatolu he aho
 - F. Lagafa he aho
 - G. Lagalima moe molea e lagalima he aho
16. Ke he 30 aho kua mole, lagafiha e kai haau he tau kai ne tokoluga e gako tuga e tau mena kai falai aki e gako, tau mena kai ne tao poke tatau aki e gako niu, tau vala puaka, tau fua doughnut, nutolo, poke tau vala povi masima?
- A. Ai kai au he tau mena kai gako
 - B. I lalo hifo he lagataha he aho
 - C. Lagataha he aho
 - D. Lagaua he aho
 - E. Lagatolu he aho
 - F. Lagafa he aho
 - G. Laga lima moe molea e laga lima he aho
17. Ke he 30 aho kua mole, laga fiha e inu a koe he tau mena inu humelie tuga e Sprite, Coke, Miranda, Fanta, Ginger Beer, poke V-Drink?
- A. Ai inu au ha mena inu humelie he 30 aho kua mole
 - B. Ki lalo he lagataha he aho
 - C. Lagataha he aho
 - D. Lagaua he aho
 - E. Lagatolu he aho
 - F. Lagafa he aho
 - G. Lagalima moe molea e lagalima he aho

18. Ke he 7 aho kua mole, lagafiha e kai poke fakatau kai a koe he tau fale kai tuga a Mitaki's Café, Falala Fa, Katuali, Crazy Uga, Talo's restaurant, poke Sharesta's Cafe?

- A. Ai fai magaaho
- B. Taha e aho
- C. Ua e aho
- D. Tolu e aho
- E. Fa e aho
- F. Lima e aho
- G. Ono e aho
- H. Fitu e aho

19. Ke he tau nei he fano a koe he aoga, Fai fakaakoaga nakai ne fakaako a koe ke he tau aoga ke kai malolo tino?

- A. E
- B. Nakai
- C. Ai iloa au

Koe tau huhu 9 i lalo. To huhu atu haggao ia ke he tau puhala kana nifo, holoholo he tau lima, moe fakaaogaaga he faletose/falevao.

20. Ke he 30 aho kua mole, lagafiha e fakameea moe kana haau a tau nifo?

- A. Ai kana e au haaku a tau nifo ke he 30 aho kua mole
- B. I lalo he lagataha he aho
- C. **Laga taha he aho**
- D. Lagaua he aho
- E. Lagatolu he aho
- F. Lagafa poke molea e laga fa he aho

21. Ke he 30 aho kua mole, lagafiha e holoholo e tau lima haau to kai?

- A. Ai fai magaaho
- B. Lavea
- C. Falu a magaaho
- D. Lagaloga
- E. Tumau

22. Ke he 30 aho kua mole, fa holoholo fefe haau a tau lima to kai?

- A. Ai holoholo haaku a tau lima to kai he 30 aho kua mole
- B. Holoholo I loto he polu valavai ne holoholo aulao e tau lima he tau tagata osi.
- C. Holoholo I loto he polu valavai ne fakaaoga ne au ni hokoia
- D. Holoholo I lalo he tepe valavai
- E. Fai puhala foki.

23. Ke he 30 aho kua mole, laga fiha e holoholo haau a tau lima he osi e fakaaoga e faletote/falevao?

- A. Ai fai magaaho
- B. Lavea
- C. Falu a magaaho
- D. Lagaloga
- E. Tumau

24. Kehe 30 aho kua mole, laga fiha e holoholo haau a tau lima ka oti e fakaaoga e faletote/falevao **he aoga?**

- A. Ai fai magaaho
- B. Lavea
- C. Falu a magaaho
- D. Lagaloga
- E. Tumau

25. Fai mena nakai e aoga ke holoholo ai e tau lima haau ka oti mai he fale tote/falevao **he aoga?**

- A. Tai fai fale tote /fale vao e aoga
- B. E
- C. Nakai

26. Tata nakai e tau fale tote/ falevao **he aoga?**

- A. Ai fai fale tote/ fale vao e aoga
- B. E
- C. Nakai

27. Meea nakai e tau fale tote/falevao **he aoga?**

- A. Ai fai fale tote/fale vao e aoga
- B. E
- C. Nakai

28. Ke he 30 aho kua mole, lagafiha e fakaaoga e koe e vala moli ke holoholo aki e tau lima haau?

- A. Ai fai magaaho
- B. Lavea
- C. Falu a magaaho
- D. Lagaloga
- E. Tumau

Koe tau huhu 3 na i lalo. To huhu atu hagai ia kehe vai inu.

29. Fai vai meea nakai e aoga ke inu?

- A. E
- B. Nakai

30. Fai vala vai nakai a koe ne tamai i kaina ke inu he aoga?

- A. E
- B. Nakai

31. Laga fiha e inu a koe he vai he aoga?

- A. Nakai fai vai ke inu he aoga
- B. Ai fai magaaho
- C. Lavea
- D. Falu a magaaho
- E. Lagaloga
- F. Tumau

Koe tau huhu 3 na i lalo. To huhu atu hagai ia ke he tau puhala leveki aki e koe haau a gutu.

32. Fefe e mitaki he tau nifo haau he talahau e koe?

- A. Mitaki Lahi mahaki
- B. Mitaki Lahi
- C. Mitaki
- D. Vahaloto
- E. Kele
- F. Kelea Lahi

33. Fakaaoga nakai a koe he vai kana nifo ne toka ai e fluoride?

- A. E
- B. Nakai
- C. Ai iloa au

34. Ne fe ne fano fakahiku ai a koe ke he taute nifo ke tiva, fakameea po ke falu a tauteaga ke he haau a tau nifo?

- A. 12 mahina ki tua
- B. Vahaloto he 12 ke he 24 e tau mahina kua mole
- C. Molea e 24 e mahina kua mole
- D. Ai fano
- E. Ai iloa au.

Koe tau huhu 2 na i lalo. Fakahagaa e tau huhu nai ke he tau fakapakia ke he tau sino he tau tagata. Tupu mai e lekua nai ka fakapakia he taha po ke he tokologa e tgaha tagata aki e taha mena (tuga e kakau, titipi po ke fana). Nakai koe fakapakia ka tokoua e tama aoga teitei tatai ha laua a tau malolo kua fifili ke latau a laua.

35. Ke he 12 mahina kua mole, lagafiha e fakapakia atu he falu a koe?

- A. Ai fai magaaho
- B. Lagataha
- C. Laga 2 po ke 3
- D. Laga 4 po ke 5
- E. Laga 6 ke he 7
- F. Laga 8 ke he 9
- G. Laga 10 ke he 11
- H. Laga 12 po ke molea atu

36. Ke he 12 mahina kua mole, fahi, haha po ke fakapakia pauaki nakai he faiaoga haau a koe?

- A. E
- B. Nakai

Kua amanaki ke huhu atu e huhu hagai ke he tau latau. Ko e latau kaeke kua latau tokoua e tama aoga kua teitei tatai ha laua a tau malolo.

37. Ke he 12 mahina kua mole, lagafiha ne latau ai a koe ?

- A. Ai fai magaaho
- B. Lagataha
- C. Laga2 po ke 3
- D. Laga 4 po ke 5
- E. Laga 6 po ke 7
- F. Laga 8 po ke 9
- G. Laga 10 po ke 11
- H. Laga 12 po ke molea atu

38. Ke he 12 mahina kua mole, lagafiha e latau haau he **fonua aoga**?

- A. Ai fai magaaho
- B. Lagataha
- C. Laga2 po ke 3
- D. Laga 4 po ke 5
- E. Laga 6 po ke 7
- F. Laga 8 po ke 9
- G. Laga 10 po ke 11
- H. Laga 12 po ke molea atu

Fakahagao e tau huhu ne 3 ke he tau pakia ne laua ai a koe. Lahi e pakia kaeke kua taha e aho katoa ne toe mai ai a koe he tau fekau mahani mau (tuga e aoga, sipote poke gahua) po ke kua tause moe tului he ekekafo po ke nosi.

39. Ke he 12 mahina kua mole, lagafiha ne pakia lahi ai a koe?

- A. Ai fai magaaho
- B. Lagataha
- C. Laga2 po ke 3
- D. Laga 4 po ke 5
- E. Laga 6 po ke 7
- F. Laga 8 po ke 9
- G. Laga 10 po ke 11
- H. Laga 12 po ke molea atu

40. Ke he 12 mahina kua mole, ko e heigoa e pakia lahi ne laua ai a koe?

- A. Nakai fai magaaho ne pakia lahi au he 12 mahina kua mole
- B. Fai polohuiaitu au ne mapaki po ke feholaaki haku tau tutaki
- C. Fai mahele po ke mata hoka au
- D. Galo fakaku e fafagu poke fai pakia e ulu po ke kakia po ke nakai maeke ke fafagu
- E. Fai vala e tino haaku ne pu he fana
- F. Vela lahi au
- G. Fakakona he falu au po ke lahi mahaki e tau vai fakagoagoa ulu
- H. Fai mena kehe ne tupu kia au

41. Ke he 12 mahina kua mole, koe heigoa e tupumaiaga he **lekua ne mua atu e kelea** ne laua ai a koe?

- A. Nakai fai magaaho ne pakia lahi ai au he 12 mahina kua mole
- B. Pakia au he peleofa poke pakia au he motoka
- C. Veli au
- D. Fai mena ne veli hifo poke lau au
- E. Fakapakia po ke ekefakakelea he faoa au po ke latau au mo e taha
- F. Vela au he afi po ke to tata lahi au ke he afi po ke mena vela
- G. Fafagu po ke inu e au e taha mena nakai hahaga mitaki
- H. Pakia au ha ko e taha mena foki

Fakahagaa e tau huhu nai ke he mahani hemu. Tupu mai e lekua nai taute po ke talahau he taha tama aoga po ke tau fanau aoga e tau mena kelea ke he taha tama aoga. Ko e mahani hemu kaeke kua vaiga lahi atu ke he taha tama aoga po ke fakavihia atu kia ia. Nakai koe mahani hemu ka tokoua e tama aoga teitei ke atu taha po ke tatai e tau malolo kua taufetoko po ke latau po ke vaiga ke he agaaga feua.

42. Ke he 30 e aho kua mole, lagafiha ne mahani hemu ai e tgaha/falu kia koe?
- A. Ai fai magaaho
 - B. Laga 1 poke 2 e aho
 - C. Laga 3 po ke 5 e aho
 - D. Laga 6 po ke 9 e aho
 - E. Laga 10 po ke 19 e aho
 - F. Laga 20 po ke 29 e aho
 - G. 30 e aho he katoatoa
43. Ke he 30 e aho kua mole, tau mahani hemu fefe ne **mahomo atu** kia koe?
- A. Nakai fai ne fa mahani hemu kia au he 30 e aho kua mole
 - B. Tatele, tapoka fano po ke fakamau au ki loto he fale
 - C. Fakafiufiu mo e vaiga he faoa au ha ko e haaku a vahega tagata, haaku a motu pihia foki mo e lanu he haaku a kili
 - D. Vaiga au ha ko e haaku a lotu
 - E. Vaiga au ke he tau mahani, tau tala po ke fakahagahaga fakalalolagi
 - F. **Koe tiaki pauaki ni he faoa au he tau mena ha lautolu ka taute moe nakai fia tutala mai ki a au**
 - G. Vaiga au ha ko e tino po ke fofoga haaku
 - H. Mahani hemu ke he falu a puhala
44. Ke he tau nai he aoga, ko e fai magaaho nakai he ha magaaho kua fakaako e tau puhala ke kalo mai mo e tau mahani hemu?
- A. E
 - B. Nakai
 - C. Ai iloa au

Fakahagaa e tau huhu 2 nai ke he tau mahani favale he puhala ne finatu ai a koe ke he aoga po ke he fonua aoga.

45. Ke he 30 aho kua mole, fiha e aho ne ai fano ai a koe he aoga he matakutaku ka finatu he hala po ke liu ki kaina ka hili e aoga?
- A. Ai fai magaaho
 - B. 1 e aho
 - C. 2 po ke 3 e aho
 - D. 4 po ke 5 e aho
 - E. 6 po ke molea atu e tau aho
46. Ke he 30 aho kua mole, lagafiha ne kaiha po ke moumou pauaki he taha tagata e haau a tau koloa tuga e pasikala taholi, tau mena tui po ke tau pepa **he fonua aoga?**
- A. Ai fai magaaho
 - B. Lagataha
 - C. Laga2 po ke 3
 - D. Laga 4 po ke 5
 - E. Laga 6 po ke 7
 - F. Laga 8 po ke 9
 - G. Laga 10 po ke 11
 - H. Laga 12 po ke molea atu

Fakahagaa e huhu nai ke he tau pakia fakalutukia.

47. Ke he 30 aho kua mole, lagafiha e heke haau he motoka po ke motoka ne fakaholo **he taha tagata kua konahia ke he kava kona?**
- A. Nakai heke au he motoka po ke peleofa ne fakaholo he taha tagata foki
 - B. Ai fai magaaho
 - C. Lagataha
 - D. Laga 2 po ke 3
 - E. Laga 4 po ke 5
 - F. Laga 6 po ke molea

Fakahagaa e tau huhu nai ke he tau fakaakoaga haau he aoga.

48. Ke he tau nai he aoga, ko e fai magaaho nakai he ha magaaho kua fakaako e tauteaga he lagomataiaga mafiti (first aid)?

- A. E
- B. Nakai
- C. Ai iloa au

Fakahagaa e tau huhu nai ke he haau a manamanatuaga faka tagata moe haau a mahani fekapitiga atu kehe tau tagata.

49. He 12 mahina kua mole, lagafiha ne nofo matimatia a koe?

- A. Ai fai magaaho
- B. Lavea
- C. Falu a magaaho
- D. Lagaloga
- E. Tumau

50. He 12 mahina kua mole, lagafiha e nofo tupetupe ai a koe ke he taha mena ti nakai maeke a koe ke mohe?

- A. Ai fai magaaho
- B. Lavea
- C. Falu a magaaho
- D. Lagaloga
- E. Tumau

51. He 12 mahina kua mole, fai magaaho nakai ne tupetupe lahi a koe ke he taha mena ti manako a koe ke inu kava po ke fakaaoga e ha vai fakagoagoa ulu ke fakamitaki aki a koe?

- A. Ai fai magaaho
- B. Lavea
- C. Falu a magaaho
- D. Lagaloga
- E. Tumau

52. He 12 mahina kua mole, fai magaaho nakai ne tupetupe lahi a koe ke he taha mena ti nakai fia kai po ke ai fia hoge a koe?

- A. Ai fai magaaho
- B. Lavea
- C. Falu a magaaho
- D. Lagaloga
- E. Tumau

53. Ke he 30 aho kua mole, lagafiha e taufetului a koe moe manatu tupetupe ti nakai maeke ke tause e tau mena aoga haau po ke falu a mena foki?

- A. Ai fai magaaho
- B. Lavea
- C. Falu a magaaho
- D. Lagaloga
- E. Tumau

54. He 12 mahina kua mole, fai magaaho nakai ne manamanatu hokulo a koe ke tamate ne koe a koe?

- A. E
- B. Nakai

55. He 12 mahina kua mole, fai magaaho nakai ne manamanatu a koe ke he taha puhala ke tamate ne koe a koe?

- A. E
- B. Nakai

56. he 12 mahina kua mole, fai magaaho nakai ne lali a koe koe ke tamate ne koe a koe?

- A. Ai fai magaaho
- B. Lagataha
- C. Laga 2 po ke 3
- D. Laga 4 po ke 5
- E. Laga 6 po ke molea

57. Ke he tau nai he aoga, fai vahega nakai ne fakaako atu kia koe ke he tau mena ke taute kaeke kua manamanatu e haau a kapitiga ke tamate ne ia a ia?

- A. E
- B. Nakai
- C. Ai iloa au

58. Fiha e kapitiga haau ?

- A. Ai fai kapitiga au
- B. 1 e kapitiga
- C. 2 e kapitiga
- D. 3 e kapitiga moe molea

59. Ke he tau nei he aoga, fai vahega nakai ne fakaako atu kia koe e tau puhala mitaki ke taute aki e loto tupetupe?

- A. E
- B. Nakai
- C. Ai iloa au

Fakahagaa e tau huhu nai ke he tau veveheaga gahua faofao. Koe tau veveheaga faofao kehekehe to uneune hake fakatote e tupotupo he haau a atefua moe otioti foki haau a fagau. Koe gahua faofao tino to moua mai he tau mena tuga e sipote, pele aulao mo e tau kapitiga, po ke o hui ke he aoga. Pihia foki ke he tafepoi, o hui fakamafisi, heke pasikala, koli, pele football, rugby, po ke golf.

60. Ke he **7 aho** kua mole , fiha e aho ne faofao e koe haau a tinno ke teitei 60 e minute he tgau aho takitaha ia? TOTOU E TAU MAGAAHO NE FAKAMOLE E KOE KE HE TAU VAHEGA FAOFAO HE TAU AHO TAKITAHA.

- A. Ai fai magaaho
- B. 1 e aho
- C. 2 e aho
- D. 3 e aho
- E. 4 e aho
- F. 5 e aho
- G. 6 e aho

H. 7 e aho

61. Ke he 7 e aho kua mole, fiha e aho ne lakahui po ke he ke pasikala taholi ai a koe ke he aoga po ke mai he aoga?

- A. Ai fai aho
- B. 1 e aho
- C. 2 e aho
- D. 3 e aho
- E. 4 e aho
- F. 5 e aho
- G. 6 e aho
- H. 7 e aho

62. Ke he tau nai he aoga, fiha e aho ne fano ai a koe ke he fakaakoaga faofao (PE) he tau faahi tapu takitaha?

- A. Ai fai aho
- B. 1 e aho
- C. 2 e aho
- D. 3 e aho
- E. 4 e aho
- F. 5 e aho po ke molea

63. Ke he 12 mahina kua mole, fiha e matakau sipote ne matutaki atu a koe ki ai?

- A. Ai fai matakau
- B. 1 e matakau
- C. 2 e matakau
- D. 3 po ke loga atu e matakau

64. Ke he 7 aho kua mole, fiha e aho ne faofao ai a koe ke malolo mo e mao haau a tau leke tuga e tau push-ups, tau sit-ups po ke lagaki e tau mena mamafa?

- A. Ai fai magaaho
- B. 1 e aho
- C. 2 e aho
- D. 3 e aho
- E. 4 e aho
- F. 5 e aho
- G. 6 e aho

H. 7 e aho

65. Ke he 7 aho kua mole, fiha e aho ne faofao ai haau a tino tuga e aamo e tau matahui, pepelu hifo e tau matatuli po ke faofao e tau hui?

A. Ai fai magaaho
B. 1 e aho
C. 2 e aho
D. 3 e aho
E. 4 e aho
F. 5 e aho
G. 6 e aho
H. 7 e aho

Hagaao e huhu nai ke he tau magaaho mohe haau he po.

66. Ke he tau po he vaha tapu aoga fiha e tula mohe haau?

A. 4 moe I lalo hifo he fa e tau tula
B. 5 e tula
C. 6 e tula
D. 7 e tula
E. 8 e tula
F. 9 e tula
G. 10 mo e molea atu e tau tula

Hagaao e tau huhu nai ke he tau mena ne fakaako a koe ki ai he aoga.

67. Ke he tau nai he aoga, fai vahega nakai ne fakaako e tgau mitaki he tau feua faofao?

A. E
B. Nakai
C. Ai iloa au

68. Ke he tau nai he aoga, fakaako nakai ke he ha vahega haau e tau puhala faofao tino he maaga haau?

A. E
B. Nakai
C. Ai iloa au

Hagaao e huhu nai ke he tau magaaho haau ne nofo tumau ai ka e nakai finatu a koe he aoga po ke taute gahua aoga ke he kaina.

69. Fiha e magaaho haau he aho **ne fa mahani** ai ke nofo mo e kitekite tivi, pele e tau fefeua komopiuta, tala moe tau kapitiga po ke tauese e fekau nofo tuga e

A. I lalo hifo he tgaha e tula he aho
B. 1 ke he 2 e tula he aho
C. 3 ke he 4 e tula he aho
D. 5 ke he 6 e tula he aho
E. 7 ke he 8 e tula he aho
F. Molea e 8 tula he aho

Hagaao e huhu nai ke he haau a tau fehagaiaga he aoga moe loto kaina.

70. Ke he 30 aho kua mole, fiha e aho ne ai hook atu ai a koe ke he haau a tau vahega po ke ai hoko he aoga moe ai moua e fakaata mai he ha tagata?

A. Ai fai aho
B. 1 ke he 2 e aho
C. 3 ke he 5 e aho
D. 6 ke he 9 e aho
E. 10 po ke molea e aho

71. Ke he 30 aho kua mole, lagafiha e mahani totonu moe felagomataiaki e tokologa he tau fanau he aoga haau?

A. Ai fai magaaho
B. Lavea
C. Falu magaaho
D. Lagaloga
E. Tumau

72. Ke he 30 aho kua mole, lagafiha e fakakia he tau mamatua po ke tau mamatua leveki haau e tau gahua aoga haau ka taute ki kaina?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

73. Ke he 30 aho kua mole, lagafiha ne maama ai he tau mamatua po ke tau mamatua leveki haau e tau lekua mo e tau tupetupe haau?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

74. Ke he 30 aho kua mole, lagafiha ne ai iloa ai he tau mamatua po ke tau mamatua leveki haau e tau mena haau ne taute he haau a tau magaaho nofonoa?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

75. Ke he 30 aho kua mole, lagafiha e veu pulenoa he tau mamatua po ke tau mamatua leveki haau a tau mena?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

76. Ke he 30 aho kua mole, lagafiha e omoi moe fakaohoo ai he tau mamatua po ke tau mamatua leveki a koe?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

77. Ke he 30 aho kua mole, fai magaaho nakai ne fanogonogo e tau mamatua po ke tau mamatua leveki haau kia koe?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

78. Ke he 30 aho kua mole, lagafiha e maama he tau mamamtua po ke tau mamatua leveki haau a koe?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

79. Ke he 30 aho kua mole, lagafiha e fakatutala e tau mamatua po ke tau mamatua leveki haau mo koe?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

80. Ke he 30 aho kua mole, lagafiha e fai magaaho e tau mamatua po ke tau mamamtua leveki haau mo koe?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

81. Ke he 30 aho kua mole, lagafiha e akonaki mo e akonaki atu ai haau a tau mamatua mo e tau mamatua leveki ki a koe?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

82. Ke he 30 aho kua mole, Lagafiha e tauage he tau mamatua po ke tau mamatua leveki haau a koe? (Example: pehe atu kia koe ko e goagoa moa ai aoga noa ha mena)?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

83. Ke he 30 aho kua mole, lagafiha e fakatai atu ai he tau mamatua po ke tau mamatua leveki haau a koe ke he taha tagata foki (tuga e tugaane, tehina, taokete po ko ia)?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

84. Ke he 30 aho kua mole, lagafiha e iloa mooli he ta mamamtua po ke tau mamatua leveki haau a tau kapitiga?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

85. Ke he 30 aho kua mole, lagafiha e **lali** haau a tau mamatua po ke tau mamatua leveki haau ke fakamahani moe iloa e haau a tau kapitiga?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

86. Ke he 30 aho kua mole, lagafiha e **iloa mooli** he tau mamatua po ke tau mamatua leveki haau e fakamoleaga he haau a tau tupe?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau

87. Ke he 30 aho kua mole, lagafiha e **lali** e tau mamatua po ke tgau mamatua leveki haau ke iloa e tau mena tause haau he haau a tau magaaho ata?

- A. Ai fai magaaho
- B. Lavea
- C. Falu magaaho
- D. Lagaloga
- E. Tumau