

# Nalanda College – Colombo 10

## Unit Evaluation

Grade 10

Health and PE

01. Let us build a healthy society

- **Answer all questions**

- **Underline the most suitable answer**

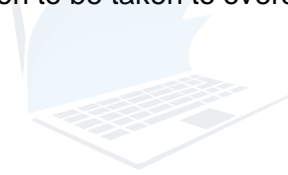
- Not only been free from diseases and disability but also having physical mental social and spiritual well-being is
  - Physical well-being
  - Mental wellbeing
  - Health Promotion
  - Total health
- None of the factor influence to the good health
  - Physical environment
  - Social and economic background
  - Person's behavior pattern
  - Leading a simple life style
- How to calculate the body mass index (BMI)
  - Weight % Height
  - Weight % (Height X Height)
  - Height % Weight
  - (Height X Height) % Weight
- which nutritional status of the individual is determined by the light purple colour
  - Wasting
  - Normal level
  - Overweight
  - Obesity
- None of a suitable lifestyle to maintain total health
  - Active life style and exercise
  - Maintain appropriate BMI
  - Following accepted rules and regulation of the society
  - Maintain your own personal item properly
- A challenge to maintaining total health
  - Economic and education status
  - Physical well-being
  - Stress management
  - Physical environment
- The time duration that an adults and a child should engage in physical exercise per day
  - 30 minutes and 60 minutes
  - 20 minutes and 40 minutes
  - 15 minutes and 30 minutes
  - 40 minutes and 80 minutes
- It is usually the time when an adult should sleep a day is,
  - 6 hours
  - 8 hours
  - 10 hours
  - 12 hours
- A service that helps to improve the health status of Sri Lanka
  - School health service
  - Maternity clinic
  - Public Health midwives
  - All about circuits
- A bad Influence of the tourism industry
  - Build ties between countries and Nations
  - Generate foreign exchange
  - Improve infrastructure
  - Spread of sexually transmitted diseases
- Underline the incorrect statement regarding the challenges to maintain total health
  - The level of education of the economy has direct effect on health
  - There must be a government policy planning focus on maintaining total health

- iii. Organizing awareness programs for school children and the community  
iv. The Welfare of the people is not a direct impact on total health

## Part II

### • Answer all questions

1.
  - i. According to the World Health Organization what is meant by total health
  - ii. What are the factors that influenced to the total health
  - iii. What are the factors that determine to the health status of a person
  - iv. Mention suitable lifestyle to maintain total health
  
2.
  - i. What is meant by healthy society
  - ii. What are the factors that influence to the healthy society
  - iii. What is the formula of measuring body mass index BMI
  
3.
  - i. What are the advantages that can be gained by maintaining proper body mass index BMI
  - ii. Mention body mass index range determined by different nutritional status of individuals
  - iii. What are the challenges to maintaining total health
  
4.
  - i. Mention some bad effects of taking alcohol drugs and smoking
  - ii. Mention some advantages and disadvantages of influenced of tourism
  - iii. Explain what are the action to be taken to overcome challenges faced in achieving total health



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