



Grade 7

Health and Physical Education.

Unit : 09 - Let us develop healthy eating habits.

• Answer all questions.

(1) Name the two parts in nutrients.

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(2) Write 2 food sources and a function of following nutrients.

- a) Carbohydrate
- b) Lipid
- c) Vitamin D
- d) Vitamin K
- e) Calcium
- f) Zinc



(3) Write 3 benefits of taking food with fiber.

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(4) Write the formula of calculating water requirement per day of a healthy person.

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(5) Write 3 things you have to keep in mind when planning your meal.

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(6) Write a function of following traditional condiments.

- 1) Ginger
- 2) Dill seeds
- 3) Turmeric

Agaram.LK - Keep your dreams alive!

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(7) State 2 traditional food produced in our country with high nutritional value.

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(8) Fill in the blanks by using suitable words.

- i) Grains and yams contain high amount of nutrient.
- ii) An ordinary person requires liters of water every day.
- iii) Water with a pH value in the range of is suitable for drinking.
- iv) The maximum salt intake per day is grams.
- v) The maximum amount of sugar one should take per day is teaspoons.
- vi) Vitamin helps to heal wounds.
- vii) Fiber is the part of plant food.
- viii) and are micronutrients.
- ix) Water soluble vitamins are and
- x) One gram of carbohydrate gives calories.

