

Jaffna Hindu College

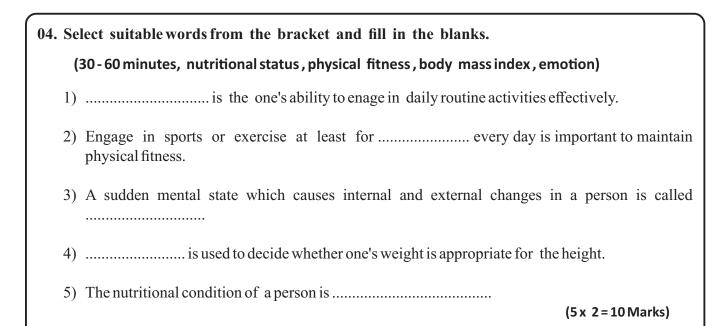
1st Term Evaluation Exam - 2022

Grade - 06	Grade - 06 Health and Physical Education							
Name / Index No:								
Part - I								

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01. Select the most suitable answer and underline below it.							
	1.	Which of the followin 1) mass	4) height				
		height	mass x mass	height x height	mass		
	2.	What is the amount of 1) $1.5\ell - 2\ell$	What is the amount of water a person should dring per day? $2) 2\ell - 2.5\ell \qquad \qquad 3) 1\ell - 2\ell \qquad \qquad 4) 1.5\ell - 2.5\ell$				
	3.	At least how many hou 1) 4-9	ars should a child sleep d	aily? 3)5-4	4) 3 - 5		
	4.	What does orange color 1) Appropriate weight		index chart? 3) Obesity	4) Under weight		
	5.	What is the amount of s 1) 5g	alt a peron should take p 2) 10g	er day? 3) 15g	4) 20g		
02	(5x 2=10 Marks)						
02. Match the column A and B A							
	1)	basic need	Over weight				
		5s concept	Anger				
		Light purple	Air				
		Unpleasant emotion	Obesity				
		Over nutrition	Systematic way		(5 x 2 = 10 Marks)		
					,		
03. If the following statements are correct put (✓)ifincorrect put(×)in the brackets.							
	1) Living in a environment with fresh air is important for physical well-being. ()						
	2) Physical well - being means maintaining physical health and physical fitness. ()						
	3) Wearing a mask in polluted areas cann't prevent lung damages. ()						
	4)	The use of clean water	r is important for good 1	physical well - being	()		
	5)	By enaging in daily exc	ercises, we can maintain	our body health	()		
					(F.y. 2 = 10 Marks)		

Agaram.LK - Keep your dreams alive!





Part - II

Answer all questions.

Agaram.LK - Keep your dreams alive!

- 01. What does healthy life mean?
- 02. Give five factors needed for maintaining good physical well-being.
- 03. Write five healthy habits for maintaining personal hygiene.
- 04. Explain the concept of WASH.
- 05. Give four factors to consider while choosing healthy food.
- 06. Give three indices that are used to measure the nutritional status of a person.
- 07. What is the equation for calculating waist circumference?
- 08. List out five good habits for maintaining mental health
- 09. What is empathy?
- 10. Write five characteristics of a person with good spritual well-being.
- 11. Give three pleasent emotions.
- 12. Give five activities to avoid unpleasant emotions.

 $(12 \times 5 = 60 \text{ marks})$

