



Jaffna Hindu College

1st Term Evaluation Exam - 2022

Grade - 07

Health Science

Time : 2.00 Hours

Name / Index No :

Part I

01. Underline the most suitable answer

1. The character can be seen in a healthy person is
 1) lazy 2) happy 3) Sad 4) disease
2. A person should drink water per day is
 1) between 1.5 - 2.5 liters 2) between 1.5 - 2.5 liters
 3) between 2 - 3 liters 4) between 1 - 2.5 liters
3. The players play volley ball in each team consists
 1) 07 2) 10 3) 12 4) 15
4. Love and protection belongs to
 1) Spiritual need 2) Social need 3) physical need 4) mental need
5. Which of the following indoor folk game playing with equipment
 1) mewara keliya 2) Olinda keliya 3) Mee kadima 4) Gudu panima
6. Which is not the skills of volleyball
 1) Serving 2) kicking 3) Foot work 4) Shooting
7. Which of the following food group caused dangerous to our healthy body.
 1) Sugar, Salt, Oil 2) grains, milk, Green leaves
 3) fruits, Green leaves, peanut 4) Soya, vegetable, egg
8. The national game of Sri Lanka is,
 1) Net ball 2) volley ball 3) cricket 4) Net ball
9. In which year volley ball game introduced to Sri Lanka
 1) 1891 2) 1916 3) 1921 4) 1991
10. Which of the following food contain rich protein
 1) bread 2) dhal 3) coconut 4) Rice

(10 x 2 = 20 Marks)

02. Identify if each of the following statements are true (✓) or false (✗)

1. It is the duty of everyone to respect others ()
2. you can provide love and protection to others without an expense ()
3. Two main ways of serving in volleyball game ()
4. serving is the skills in football ()
5. Fights at home among family members may result mental stress free and happiness ()

(5 x 2 = 10 marks)

03. Fill in the blanks using suitable words.**(Reuse, Football, James Nice simith, air, olinda keliya))**

- 1) is the basic needs of human.
- 2) is the most popular game.
- 3) Volley ball game is introduced by in the world.
- 4) is the folk game that can be play during the new year season.
- 5) is the 3R concept to manage waste.

(5 x 2 = 10 marks)

Part - II**❖ Answer four Questions including questions no.01**

01. 1) State three features of physical environment.
 2) Write two themes under which promotion of family health can be discussed.
 3) Name the person that you developing skills and knowledge on good health.
 4) Mention 3 features of a good social environment
 5) State 3 factors that are necessary for mental health promotion.
- (5 x 3 = 15 marks)
02. 1) Name 2 group of peoples who give us love and protection
 2) Name 3 External persons who help you in your daily affairs other than the members of your family.
 3) What are the two types of family
 4) List 3 harmful effects of not receiving love and protection
 5) Give 3 duties and responsibilities to be fulfilled by you to receive love and protection.
- (5 x 3 = 15 Marks)
03. 1) What are the two types of folk games according to the place where they can be played
 2) Write three common features of folk games
 3) Name three out door folk games that can be played with out equipment.
 4) Folk games can be further grouped according to the type of participation, equipment requires, and other factors Name three of them.
 5) Name three advantages that you gain when involving Folk games.
- (5 x 3 = 15 Marks)
04. 1) Name three skills of Volley ball game.
 2) What are the two types of serving
 3) Explain the three steps of under arm service in Volley ball game.
 4) State the length and width of Volley ball court.
 5) Who first introduced the Volley ball game in Sri Lanka? When?
- (5 x 3 = 15 Marks)
05. 1) List down the 3 activities to improve foot work.
 2) Who introduce the netball game in the world? where?
 3) Stretch the netball court and mark the length and width of net ball court.
 4) How many players can be played Net ball in a team.
 5) Give 3 skills of net ball game
- (5 x 3 = 15 marks)