

Nalanda College – Colombo 10

Unit Evaluation

Grade 11

Health and PE

02. Let us identify stages in life after childhood

• **Answer all questions**

- Period in the mother's womb is,
 - Neonatal stage
 - Prenatal stage
 - Infant stage
 - Early child hood
- The most important stage of life between the ages of 10 and 19 years
 - Youth stage
 - Adolescence stage
 - Middle stage
 - Old stage
- A child's normal body mass (BMI) range
 - Varies according to age
 - Varies according gender
 - Vary according to age and gender
 - Do not change according to age and gender.
- A problem that not encountered when providing needs of adolescence
 - Getting adequate sexual education
 - Inadequate rest
 - deterioration in financial status
 - neglect
- Many challenges and problems encountered during adolescence. A step that should be followed to make adolescence a success
 - Recreational activities
 - Achieve a higher level of education
 - Social welfare activities
 - Engage in educational and extracurricular activities
- Here are some needs of old age
 - Desire for promotion
 - Increase in salary
 - Interesting obtaining additional source of income
 These needs are called
 - Physical needs
 - Mental needs
 - Social needs
 - Spiritual needs
- The negative consequences of over busyness in youth
 - Change the body shape
 - infected of non-communicable diseases
 - restlessness
 - a is correct
 - a and b are correct
 - c is correct
 - a, b and c are correct
- A issues faced when supplying needs of the elders
 - Physical weakness
 - Sexual problems
 - Not getting suitable employment
 - Inadequate rest

Part II
Answer all questions

1.
 - i. Name the stages of life in order to within the age limit
 - ii. write the physical, mental and social challenges during the adolescence separately
 - iii. Mention the psychosocial and spiritual needs during adolescence
 - iv. Mention the problems encountered when providing needs of adolescence
 - v. what are the steps that can be followed to make and adolescence success

2.
 - i. Write the physical psychological, social and spiritual needs in youth age
 - ii. Briefly explain your social responsibilities as a youth
 - iii. What are the challenges and issues faced by youth
 - iv. State the steps to overcome problem during youth

3.
 - i. State the common needs in middle age and old age separately
 - ii. State the problem encountered during the middle age
 - iii. Name some physical changes occurring during old age
 - iv. What are the issues faced when supplying needs of the elders
 - v. State the ways of reducing problems of old age


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