



Grade 08

Health and Physical
 Education

6. Make school environment healthy

Part I

Underline the most suitable answer.

01. School health promotion helps school children to promote
 i) The health of them.
 ii) The health of individual and the family.
 iii) The health of the school and the society
 iv) The health of the individual, school and the society.
02. The basic principle that should be followed when preparing policies from promoting health, in school is,
 i) ABC ii) PRICE iii) SMART iv) RICE
03. A strategy that can be adopted to promote health in school
 i) Improving the facilities
 ii) Productive communication
 iii) Educating the community
 iv) Developing personal skills and knowledge
04. This is not an institution which helps to promote health in the school,
 i) Hospital ii) Police iii) University iv) Red cross society
05. A skill that can be developed through working in group is,
 i) Empathy ii) Learning abilities
 iii) Expressing your ideas iv) Coping with stress.
06. A programme organized by the ministry of health to promote health in school community is,
 i) School medical inspection
 ii) Dengue eradication campaigns
 iii) Providing free meals
 iv) Educating about safety.

Part II

Answer all questions.

01. I. What do you mean by health promotion in school?

II. Write 4 themes of health promotion.

III. State 4 examples for health related policies.

IV. As a student what are your responsibilities regarding promoting health in your school?

V. State three characteristics of each physical, psychological and social environment of a health promoting school.



agaram.lk