

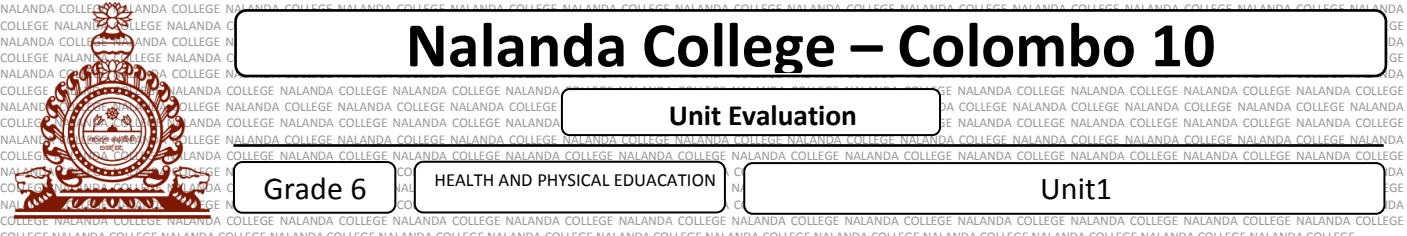
Nalanda College – Colombo 10

Unit Evaluation

Grade 6

HEALTH AND PHYSICAL EDUCATION

Unit1



01. Write the nutrient that is present in following food

- i). Bread -
- ii). Milk -
- iii). Eggs -
- iv) Yams -
- v). Fish –

02. Write the particular nutrient which supplies following functions

- i). safeguard the body from diseases
- ii). Give energy to the body
- iii). Protect from cold temperature
- iv). Repair the worn out tissues
- v). Avoid constipation.



03. What are examples for processed food?

.....
.....

04. Write the deficiency of following diseases?

Anaemia -

Goitre -

Night blindness -

Weakening bones and teeth -

PART II

05. What are the reasons that should be considered when selecting a food? Write any three.

.....
.....
.....

06. Write the composition of following food in a food plate

i) starch food.....

ii) vegetables and fruits.....

iii) meat , eggs, fish

07 Write five methods that have been used since ancient times to protect the quality food.

.....
.....
.....
.....
.....

08. Write five problems faced due to under nutrition.

.....
.....
.....
.....
.....

