



Grade 8

Health and Physical
 Education.

Unit : 17 - Let us face challenges
 successfully.

Part I

• **Underline the most suitable answer.**

- (1) A step that can be taken to prevent accidents,
 - i) Not engaging in risky activities.
 - ii) Work with patience
 - iii) Correct behavior pattern
 - iv) Building up social policies.
- (2) A communicable disease which was a threat to Sri Lanka recently,
 - i) Cholera
 - ii) Dengue
 - iii) COVID-19
 - iv) Chicken pox
- (3) Which of the following is considered as an act of child abuse?
 - i) Child labour
 - ii) Tricking children
 - iii) Humiliating children
 - iv) Above all
- (4) A measure that can be taken to minimize harmful effects of accidents,
 - i) Abiding by the law
 - ii) Giving first aid
 - iii) Being prepared
 - iv) Creating social policies
- (5) The skills that should be developed to overcome environmental challenges are,
 - i) Creative thinking and ignorance.
 - ii) Impatience and arrogance
 - iii) Good attitudes and faith in yourself
 - iv) Computer literacy and literacy abilities.

Part II

Answer all questions

01. i) State four environmental challenges that you face in your daily life.

ii) Write 4 reasons for environmental challenges.

iii) Write 4 steps that could be taken to minimize the harmful effects of disasters.

iv) State 3 steps that can be taken to prevent abuse and coercion.

v) Describe how you would face a situation where someone forces you to take narcotics.



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