



Zonal Education Office Jaffna

Third Term Examination - 2018

Grade - 7

Health and Physical Education

Time :- 2 hours

Index No :-

Part - I

01. If the statement is correct, put (T), if false, put (F)

- 1) Health Services help to promote family health ()
- 2) Love, Protection and relaxation are essential for mental environment ()
- 3) Folk games are played in Sinhala and Tamil new year ()
- 4) A volleyball game is started with spiking ()
- 5) High jump is coming under horizontal jumps ()
- 6) Flexibility is one of the physical fitness factor ()
- 7) Adding condiments to food will not help digestion process ()
- 8) Reproductive system helps in producing a new living organism ()
- 9) High blood pressure is one of the non-communicable diseases. ()
- 10) Minerals are included in micronutrients ()

(10x1=10 marks)

02. Match A with B

A

B

1) Respiratory system	Shooting
2) Protein	Movement
3) Volleyball	Generale power
4) Muscular system	Lungs
5) Jumping from a standing	Body growth

03. Fill in the blanks using the given words.

(Respecting the rules and regulations, small intestine. Expiry date, 100m, unsuitable clothes and foot wear Virus, under arm, 1500m, speed, ovary, kidney)

- 1) is one of the cause for communicable diseases
- 2) The digested food is absorbed almost entirely in
- 3) It is essential to check the when buying food.
- 4) is one of the rules of sports.
- 5) receiving is one of the receiving techniques of volleyball.
- 6) is included in short distance.
- 7) is also one of the causes of wrong posture.
- 8) is an activity doing in the shortest possible time.
- 9) is one of the parts of the female reproductive system.
- 10) is the main organ of excretory system.

(1x10=10 marks)

04. Underline the correct answer.

- 1) The features of a healthy spiritual environed
 - a) Engaging in suitable meditation
 - b) Jealousy
 - c) Being flexible to others.
 - d) Fighting with others.
- 2) People who are not coming under nuclear family
 - a) Mother, father
 - b) Younger brothers and younger sisters
 - c) Elder brother, elder sister
 - d) Grandfather, grand mother.
- 3) Example for an indoor folk games which are played with equipment
 - a) Koppara koppar pipingya
 - b) Olinda keliya
 - c) Fire walking (Gini Pagima)
 - d) Porapol gasima
- 4) What is not the skill of netball
 - a) Foot work
 - b) Kicking
 - c) Defending
 - d) Shooting

5) The advantage of correct walking posture.

- Minimize accidents.
- Can't maintain balance.
- Increasing tiredness.
- Decreases personality

6) One of the factors affecting emotional balance.

- Situation
- Personality
- Experience.
- All of the above

7) One of the food items which contain carbohydrates.

- Meat, Rice, fish.
- String hoppers, Rice, Yams.
- Coconut, Peanuts, Bread.
- Peanuts, Fish, Dry fish.

8) Which is the traditional condiment used to reduce cholesterol in blood?

- Turmeric
- Dill seeds
- Cinnamon
- Garlic

9) What are the organs in the respiratory system?

- Lungs, Trachea, Nose
- Stomach, Lungs, Rectum
- Kidneys, Alveoli, urinary Bladder
- Kidneys, Lungs, stomach

10) Which is the game played using a ball

- Carom
- Chess
- Elle
- Sadu Gudu

(10x2=20 marks)

Part II

❖ Answer only 5 questions.

01.

- 1) What are the macro Nutrients in food?
- 2) What are the food items which contain vitamin A?
- 3) What are the benefits we get by adding fiber in our diet?

02.

- 1) Give four non-communicable diseases
- 2) What are the factors which cause non-communicable diseases?
- 3) What are the precautions that can be taken to avoid non-communicable diseases?

03.

- 1) Give the physical fitness factors.
- 2) Give some activities which improve strength.
- 3) Write two tests to measure co-ordination.

04.

- 1) Give four systems in our body
- 2) Write two things that you should do to keep the digestive system healthy
- 3) What is the main organ of the circulatory system?

05.

- 1) Give two kicking methods in football
- 2) Give two disadvantages of sitting incorrectly
- 3) Give two examples for each horizontal jumps and vertical jumps.

06.

- 1) Give two common features of folk games.
- 2) What are the types of folk games
- 3) Give four benefits of playing folk games?

(5x10=50 marks)