



Zonal Education Office - Vadamaradchy

Second Term Examination - 2019

Grade: 07

Health and Physical Education

Time: 2.00 Hrs

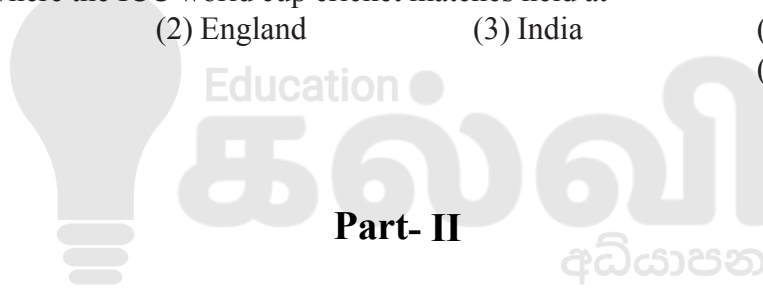
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Part- I

◆ Select the most suitable answer for the questions 1 - 20.

01. Which is not included under the basic needs of human?
(1) Air (2) Love (3) Water (4) Food
02. Which is not included in establishing policies of health in 3R Management?
(1) Reduce (2) Recycle (3) Reuse (4) Increase the uses
03. The ability of an individual who enabling them self improve our health by gaining control over factors affecting health is.....
(1) Total health (2) Health (3) Health promotion (4) Family health
04. Indoor folk game is
(1) Dance with rod (2) Olinda Keliya (3) Fire walking (4) Pilaiyar Kaddai
05. One of the skill in Volley ball is
(1) Foot technique (2) Controlling (3) Shooting (4) Kicking
06. The person not included in a nuclear family is?
(1) Father (2) Grand father (3) Mother (4) Younger sister
07. The part of body which can't be used to control the ball in football?
(1) Head (2) Hands (3) Chest (4) Stomach
08. Not included in the three steps of jump is?
(1) Flying (2) Landing (3) Take off (4) Balance
09. BCG vaccination given against to which disease?
(1) German measles (2) Clostridium Tetani (3) Tuberculosis (4) Common cold
10. A micro nutrient is?
(1) Protein (2) Vitamin (3) Lipid (4) Carbohydrate
11. What is the PH value of pure water?
(1) PH 6-7 (2) PH 5-6 (3) PH 7-8 (4) PH 7-9
12. What is the amount of water needed for a person per day?
(1) 1l (2) 1.5 - 2l (3) 3l (4) 5l

13. Thyroxin is caused by which mineral deficiency?
 (1) Iron (2) Iodine (3) Phosphorus (4) Zinc
14. What is the nutrient in contain in milk and dairy products?
 (1) Minerals (2) Fats (3) Proteins (4) Vitamins
15. What is the length of an adult's small intestine?
 (1) 5m (2) 7m (3) 10m (4) 3m
16. The number of milk teeth in kids
 (1) 20 (2) 32 (3) 30 (4) 15
17. The average rate of respiration of a person is
 (1) 20 times (2) 30 times (3) 10 times (4) 15 times
18. The condiment should be added in food to get relief from digestion problem is?
 (1) Garlic (2) Cinnamon (3) Ginger (4) Fenugreek
19. The mineral helps to improve memory power is
 (1) Iron (2) Phosphorus (3) Iodine (4) Zinc
20. The country where the ICC world cup cricket matches held at
 (1) Australia (2) England (3) India (4) Japan
 (20 × 2 = 40 marks)



Answer all of the following questions.

01. 'The participation in games helps to develop physical and mental fitness'

- 1) Give three common features of folk games?
- 2) Give three skills of Volley ball?
- 3) Give three skills of exchanging ball in Netball?
- 4) Give three methods of kicking the ball
- 5) Write down three advantages of engaging in games?

(5 × 3 = 15 marks)

02. 'Eating healthy food is suitable for healthy life'

- 1) What are the nutrients in food?
- 2) Write two advantages of food?
- 3) Write down three things to remember, When buying food from shops?
- 4) Write down three threats of eating unhealthy food?
- 5) Draw up the food pyramid?

(5 × 3 = 15 marks)

03. 'Many different systems working together to function out our wonderful body'

- 1) Write down three functions of blood?
- 2) Give three diseases affect respiratory system?
- 3) Write down three habits should be done to maintain a healthy respiratory system?
- 4) Write down three steps to maintain a healthy excretory system?
- 5) Write down three contents in blood?

(5 × 3 = 15 marks)

04. 'Good posture is needed to maintain a healthy and attractive appearance'

- 1) What are the main types of good postures?
- 2) Write down the three main steps of jump?
- 3) Write down three uses of good posture of walking?
- 4) Write down three reasons for bad posture?
- 5) Write down three factors consider when sit in a chair in a good posture?

(5 × 3 = 15 marks)



2025

1ம் தவணை வகுப்புகள்

தரம் 6 முதல் 11 வரையான
மாணவர்களிற்கான தமிழ் மற்றும் ஆங்கில
மொழிமூல வகுப்புக்கள் ஆரம்பமாகவுள்ளன.

ஆரம்பம் 01.01.2025



இலங்கையின் எப்பாகத்திலிருந்தும்
Zoom app மூலம் எமது வகுப்புகளில்
இணைந்து கொள்ள முடியும்.

அனைத்துப் பாடங்களும் ஒரே கல்வி நிறுவனத்தின் கீழ்...



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