



# **Zonal Education Office - Vadamaradchy**

## **Second Term Examination - 2019**

Grade: 07

## **Health and Physical Education**

Time: 2.00 Hrs

**Index No:**

## 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) Recyle (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) Tuberclousis (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) Liodine (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 teach 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) Phophorus (3) Iodine (4) Zine

20. The country where the ICC world cup cricket matches held at  
(1) Australia (2) England (3) India (4) Japan  
 $(20 \times 2 = 40 \text{ marks})$

## Education

## Part- II

## අධිගාපන

## **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 x 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 x 3 = 15 marks)

