



Select the appropriate answer and underline it.

1) A healthy person should have the following quality.

- (1) Inter personal relationship
- (2) Activeness
- (3) Observing meditation
- (4) Unethical

2) The colour the borderline of a BMI table of a person of average weight denotes.

- (1) Redish yellow
- (2) Light violet
- (3) Green
- (4) Violet

3) The posture when the national song is sung.

- (1) Standing at ease
- (2) being attentive
- (3) stand ease
- (4) stand at attention

4) The number of players in a football team?

- (1) 11 persons
- (2) 15 persons
- (3) 09 persons
- (4) 12 persons

5) What nutrient is essential for the protection of eye.

- (1) Protein
- (2) vitamin A
- (3) calcium
- (4) carbohydrate

6) Which vitamin is synthesized by skin.

- (1) A
- (2) B
- (3) C
- (4) D

7) Which cannot be considered the basic need of a person.

- (1) food
- (2) wind
- (3) water
- (4) Jewellery

8) Which game is played singly or in group for pleasure during leisure time.

- (1) lead up games
- (2) major games
- (3) minor games
- (4) comedy games

9) Ability to do something within a lesser duration of time?

- (1) strength
- (2) speed
- (3) co-ordination
- (4) Endurance

10) The mineral found in toothpaste protect teeth.

- (1) chloride
- (2) fluoride
- (3) Iodine
- (4) sodium

(10x 2 =20 marks)

02) Fill in the blanks put the suitable words.

(Vitamin, boiled gram, white blood corpusles, stunting, diarrhoea)

- 1) One of the communicable disease
- 2) caused natural immunity in our body.
- 3) protect from diseases our body.
- 4) Not having the suitable height for the age
- 5) are healthy snacks.

(5x 2 = 10 marks)

03) Mark Right (✓) or wrong (X)

- 1) Gymnastic exercise is one of the example for strength ()
- 2) Develops goitres due to iodine deficiency ()
- 3) Our ability to engage in daily routine activitio effectively is called physical fitness ()
- 4) Protein is essential for the growing children. ()
- 5) Rules and Regulations are important for the protection of players. ()

(5x 2 = 10 marks)

Part - II

Answer all questions.

I) “ Let us lead a healthy life following the good food habits”

- 1) Give two nutrients found in food, mentioning their functions?
- 2) Give two things to be considered when obtaining healthy food?
- 3) Give two problems that may arise due to undernutrition.
- 4) Give two mixed foods?

5) Give the diseases caused by the deficiency of the following nutrients?

i) Iron ii) vitamin A iii) Iodine iv) calcium

(5 x 2 = 10 marks)

II) "Let us protect our body from diseases"

- 1) What are the sensory Organs?
- 2) Give two actions to be taken to maintain the health of our eye.
- 3) Give two functions performed by the skin.
- 4) Give the types of teeth.
- 5) Give two habits to be followed to protect our teeth?

(5 x 2 = 10 marks)

III) "Let us maintain physical fitness for a healthy life"

- 1) How many types of fitness are there? what are they.
- 2) Give four features of physical fitness.
- 3) Give two activities that can develop physical fitness.
- 4) Give two activities that are rhythmic.
- 5) Give two benefits you may get when performing rhythmic actions.

(5 x 2 = 10 marks)

IV) "maintaining emotional balance is a symbol of mental well being."

- 1) What do you mean by emotions?
- 2) Give two factors that influence emotions.
- 3) Give one example each for both good and bad.
- 4) Give two important reasons for maintaining emotional balance.
- 5) Give two activities that will reduce emotions.

(5 x 2 = 10 marks)

V) "Let us facing challenges that come accross in our day to day life"

- 1) What are the main types of diseases?
- 2) Give two non - communicable diseases?
- 3) Give two reasons for the non - communicable diseases?
- 4) What steps to be taken to keep the environment peaceful?
- 5) Give four challenge that we face in our day to day life?

(5 x 2 = 10 marks)

VI) " Let us engage in games spending leisure time happily"

- 1) Give two organized games?
- 2) Give two minor games?
- 3) Give two skills of the game volleyball?
- 4) What is the length and width of the volleyball court?
- 5) Give two benefits gained by engaging in game activities?

(5 x 2 = 10 marks)

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