

Nalanda College – Colombo 10

Unit Evaluation

Grade 11

Health and PE

02. Let us identify stages in life after childhood

- **Answer all questions**

1. Period in the mother's womb is,
 - i. Neonatal stage
 - ii. Prenatal stage
 - iii. Infant stage
 - iv. Early child hood
2. The most important stage of life between the ages of 10 and 19 years
 - i. Youth stage
 - ii. Adolescence stage
 - iii. Middle stage
 - iv. Old stage
3. A child's normal body mass (BMI) range
 - i. Varies according to age
 - ii. Varies according gender
 - iii. Vary according to age and gender
 - iv. Do not change according to age and gender.
4. A problem that not encountered when providing needs of adolescence
 - i. Getting adequate sexual education
 - ii. Inadequate rest
 - iii. deterioration in financial status
 - iv neglect
5. Many challenges and problems encountered during adolescence. A step that should be followed to make adolescence a success
 - i. Recreational activities
 - ii. Achieve a higher level of education
 - iii. Social welfare activities
 - iv. Engage in educational and extracurricular activities
6. Here are some needs of old age
 - Desire for promotion
 - Increase in salary
 - Interesting obtaining additional source of incomeThese needs are called
 - i. Physical needs
 - ii. Mental needs
 - iii. Social needs
 - iv. Spiritual needs
7. The negative consequences of over busyness in youth
 - a. Change the body shape
 - b. infected of non-communicable diseases
 - c. restlessness
 - i. a is correct
 - ii. a and b are correct
 - iii. c is correct
 - iv. a, b and c are correct
8. A issues faced when supplying needs of the elders
 - i. Physical weakness
 - ii. Sexual problems
 - iii. Not getting suitable employment
 - iv. Inadequate rest

Part II

Answer all questions

1.
 - i. Name the stages of life in order to within the age limit
 - ii. write the physical, mental and social challenges during the adolescence separately
 - iii. Mention the psychosocial and spiritual needs during adolescence
 - iv. Mention the problems encountered when providing needs of adolescence
 - v. what are the steps that can be followed to make and adolescence success

2.
 - i. Write the physical psychological, social and spiritual needs in youth age
 - ii. Briefly explain your social responsibilities as a youth
 - iii. What are the challenges and issues faced by youth
 - iv. State the steps to overcome problem during youth

3.
 - i. State the common needs in middle age and old age separately
 - ii. State the problem encountered during the middle age
 - iii. Name some physical changes occurring during old age
 - iv. What are the issues faced when supplying needs of the elders
 - v. State the ways of reducing problems of old age