

## Year End Examination 2015

# Health Science

Grade 06

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Time: 02 hours

Name/ Index No.

### Part I

● Put right marks (✓) or wrong marks (x) for given statements.

- 01 We can live with a healthy mind through a healthy life. ( )
- 02 Dengu fever is not a deadly disease. ( )
- 03 Total health is arranging with physical and mental well - being. ( )
- 04 Scrofula happens, because of macronutrients deficiency. ( )
- 05 Rhythm arises through the activities of Rhyme and time. ( )

● Underline the correct words for the following statements.

- 06 One of a micronutrients,  
(1) Protein (2) Fat (3) Vitamins (4) Carbohydrates
- 07 A couple of organized games,  
(1) Volleyball and Elle (2) Boxing and Cricket  
(3) Elle and putting shot (4) Pole jump and football
- 08 This is not a communicable disease,  
(1) Cholera (2) Common cold (3) Anaemia (4) Measles
- 09 A sensitive organ,  
(1) Heart (2) Skin (3) Lung (4) Liver
- 10 A mental quality,  
(1) Energy (2) Weight (3) Patience (4) Muscular Scale

● Fill in the blanks with using the words given in the brackets.

(Polio / Body mass Index / Bacteria / Walga Kedima / Energy)

- 11 Capacity to do some work .....
- 12 ..... deadly disease.
- 13 We can measure the physical health condition of a person through .....
- 14 ..... is a microbe agent of diseases.
- 15 ..... is a minor game which is famous among the school children.

● Match "A" with "B" to find out the most appropriate word for given statements.

- | A  | B               |
|--|-----------------|
| 16 Most important to build up a health body. | ● challenges    |
| 17 rich in fruits and vegetables.            | ● skipping      |
| 18 A rhyming foot drill                      | ● balance diate |
| 19 something done with a small period        | ● vitamins      |
| 20 road accident                             | ● speed.        |

(2 x 20 = 40)

## Part II

- **Answer only four questions with include the first question.**

01 Fill in the blanks using short answers.

- (1) What is the meaning of "Health" ?
- (2) What are the two main factors to measure Body Mass Index ?
- (3) Write two qualities of a healthy person.
- (4) Name two major nutritions.
- (5) Write two important facts to maintain a proper body mass index.
- (6) Write two qualities of a person who have a good mental condition.
- (7) What is meant by orange colour shown in the chart of nutritional status in different ages.
- (8) Write two qualities of sanitation according to "WASH" concept in a school.
- (9) Write two reasons to be obesity.
- (10) Write two good habits of a social healthy person. (2 x 10 = 20)

02 Diseases are major challenges in our lives.

We can divide it in two as communicable diseases and non communicable diseases.

- (1) Write two communicable diseases and non communicable diseases. (02 marks)
- (2) Write two reasons to have communicable diseases. (04 marks)
- (3) Mention the disease which is giving "BCG" injection to cure. (01 mark)
- (4) Write 03 habits to follow to protect from communicable diseases. (03 marks)

03 Bad emotions give bad effects for a healthy life of a person. It is most important to balance emotionals.

- (1) Write 03 factors to maintain emotional balance. (03 marks)
- (2) Write 03 importants of emotional balance. (03 marks)
- (3) Write four ways to maintain emotional balance. (04 marks)

04 We can develop the characteristics of physical fitness through the hslp of activities done inside the body in our day to day life.

- (1) Write two characteristics of physical fitness except "Speed". (02 marks)
- (2) What is the meaning of "Speed"? (03 marks)
- (3) What is most important characteristic of physical fitness of a trainee who participate for marathon? (01 mark)
- (4) Write four activities to develop characteristic of physical fitness. (04 marks)

05 Cookery is an ancient skill coming from the sixty four skills.

- (1) Name the macronutrients. (03 marks)
- (2) Write two diseases which happen form micronutrients deficiency. (02 marks)
- (3) Write 03 factors that careful about "food consumption." (03 marks)
- (4) Write two habits to follow to get nutritional foods. (02 marks)

06 We have to use correct positions to maintain a ship shape.

- (1) Write two ways 10 maintain a healthy skin. (02 marks)
- (2) Write two habits to follow to maintain a healthy mouth. (02 marks)
- (3) Describe the correct way to stand. (06 marks)