

Year End Examination 2015

Health Science

Grade 07

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Time: 02 hours

Name/ Index No.

Part I

● Answer all the questions.

● Underline the correct words for the following statements.

01 Correct answer for "Total health"

- (1) physical and mental well - being (2) mental and social well - being
(3) physical, mental and social well - being (4) physical and social well - being

02 Two basic needs of a person.

- (1) water and air (2) air and house (3) house and water (4) water and clothes

03 A communicable disease,

- (1) anaemia (2) obesity (3) undernutrition (4) common cold

04 A fact that affect for mental stress,

- (1) happy (2) diseases (3) sleep well (4) rest

05 Creator of "Netball"

- (1) Robert Volter (2) James Neismith (3) Jeni Green (4) Tolas

06 A organ, but not in food digestion system.

- (1) bladder (2) liver (3) salivary gland (4) voice box

07 A couple of main nutritions.

- (1) protein and fat (2) fat and vitamins
(3) vitamins and minerals (4) minerals and protein

08 A disease which spread with bacteria agents of diseases,

- (1) common cold (2) sars (3) chicken pox (4) tuberculosis

09 An example for athletic game,

- (1) Long jump (2) weight lifting (3) jogging (4) skipping

10 Foot movements are,

- (1) 5 (2) 6 (3) 7 (4) 8

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

(walga kedima / diabetic / carbohydrates / Hemoglobiny mumps)

11 is a disease in food digestion system.

12 give energy to our body.

13 is a minor game.

14 Oxygen transpor in blood using

15 is a disease which happen in bad food habits.

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

16 Volleyball is not a organized game. ()

17 Fat include in rice and bread too much. ()

18 Squat sitting is correct position to sit. ()

19 Shooting is one of a skill of Net ball. ()

20 Minor games can play without instruments. ()

(2 x 20 = 40)

Part II

- Answer 1st question and four others.

01 Family was the most important social unit in past. And they could do many things in unity and cooperatively because families had large No. of members.

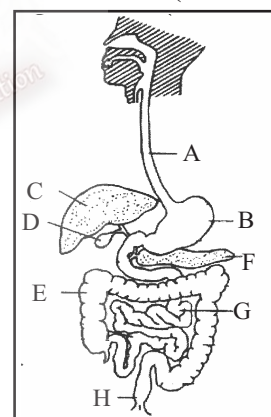
- (1) Write down facts make family physical environment. (04 marks)
- (2) Write two facts to maintain good relationship within family. (02 marks)
- (3) What is meant by "health promotion"? (04 marks)
- (4) Write two facts that follow in health promotion. (04 marks)
- (5) Write two ways to develop the health condition in family. (04 marks)
- (6) Write two actions to be healthy. (02 marks)

02 A Posture means set up our body in any situation.

- (1) Write 03 positions of sitting. (03 marks)
- (2) Mention two reasons to disturb for sitting positions. (02 marks)
- (3) Write two bad results using wrong sitting positions. (02 marks)
- (4) Mention 03 benefits to a person who use correct positions. (03 marks)

03 This is a most important organ system.

- (1) What is this system? (01 mark)
- (2) Name A, B, C, D, F & H. (03 marks)
- (3) Mention an activity done by part "G". (01 mark)
- (4) Mention two diseases around this system. (02 marks)
- (5) Mention 03 habits to maintain this system healthy. (03 m.)



04 We have to face many difficulties and barriers in our day to day life. They call "challenges".

- (1) Write 03 challenges which face in our day to day life. (03 marks)
- (2) Name 03 natural disasters. (03 marks)
- (3) Write 04 importants facts to win these challenges successfully. (04 marks)

05 Diseases are breaking down our day to day lives. We can deride diseases in to two as communicable and non communicable.

- (1) Write two communicable diseases and two non communicable diseases. (02 marks)
- (2) Write two reasons to have non communicable diseases. (02 marks)
- (3) Name two agents of diseases in communicable diseases. (02 marks)
- (4) Mention two procedures to prevent communicable diseases. (04 marks)

06 Nutritions can divide in different ways.

- (1) Name a major nutrition and a minor nutrition. (02 marks)
- (2) Name two energetic nutrition. (02 marks)
- (3) What nutrition is at bottom of the food phiramid? (02 marks)
- (4) Write two activities done by protein. (02 marks)
- (5) Mention two ways to prepare healthy foods with help of you. (02 marks)