

# Year End Examination 2015

## Health Science

Grade 09

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Time: 02 hours

Name/ Index No.

### Part I

● Answer all the questions.

● Underline the correct answer for the following statements.

01 Breakdown of environmental balance.

(1) water pollution

(2) air pollution

(3) noise pollution

(4) environmental pollution

02 A fact that maintain a healthy life in society.

(1) develop interpersonal relationship

(2) deactivate social abilities.

(3) develop the usage of liquor and dope.

(4) block the social programmes.

03 Number of situations in disaster management.

(1) one

(2) two

(3) three

(4) four

04 An ability to do some work against a resistor,

(1) speed

(2) strength

(3) endurance

(4) coordination

05 Who type of a knot (tie) shown by the picture,

(1) reefknot

(2) sheet bend

(3) square lashing

(4) clove hitch



06 Correct order of triple jump.

(1) jump ..... hop ..... steps

(2) steps ..... hop ..... jump

(3) hop ..... steps ..... jump

(4) steps ..... jump ..... hop

07 We can see a disable situation with use of wrong postures according to the diagram.

(1) Kyphosis

(2) lordosis

(3) scoliosis

(4) plateback



08 an energetic nutrition,

(1) carbohydrates

(2) vitamins

(3) minerals

(4) proteins

09 We can see a netball court in the picture.

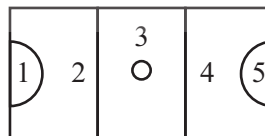
What are teh areas that "GA" can play.

(1) 1 and 2

(2) 1, 2 and 3

(3) 2, 3 and 4

(4) 3 and 4 areas



10 Who want nutritional needs,

(1) clerks and lactating mothers

(2) nurse and pregnant mothers

(3) patients and infants

(4) players and clerks

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

(air pollution / players / high jump / crouch start / skin)

11 ..... means that it can't use atmosphere for people or other living being.

12 ..... acts as sensitive organ.

13 ..... acts as a person who wants nutrition needs.

14 ..... has 03 commands.

15 Stradlc technique uses for .....

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

16 A mix food that gives more nutritions.

● Protein

17 Maintain internal environment with stable situation

● Keratin

18 This nutrition wants to our growth.

● Hathmaluwa

19 This technique uses in long jump.

● Homeostasis

20 Hair made by using this protein

● Hitch kick technique

(2 x 20 = 40)

## Part II

• **Answer first question & four others.**

01 Health promotion means develop the ability of maintain and develop personal health condition and help to maintain social health condition in proper way.

- (1) Write two enterances which used to Health promotions.
- (2) Mention two benefits of Health promotions.
- (3) Write down two polices that connect with the person.
- (4) Mention two things to develop physical environmental condition in school.
- (5) Write two proposals to develop psycho social environment condition in school.
- (6) Write two programes to use to develop your personal health condition.
- (7) Write two diseases that happen using wrong eating habits.
- (8) Mention two actions to prevent from above diseases.
- (9) Write two programmes that can arrange in school level to develop student's skills.
- (10) Mention two projects that can do in school with help of school community.

02 People who live in different countries have to face bad effects environmental pollution. Air pollution is the main factor among the other factors in environmental pollution.

- (1) What is meant by "air pollution"?
- (2) Mention 03 reasons for "air pollution".
- (3) Write two bad effects of air pollution?
- (4) Write 03 procedures to prevent from these bad situations.

03 (1) What is meant by "BMR" ?

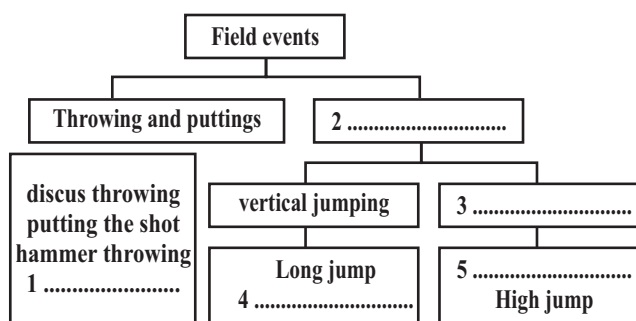
- (2) Write 03 factors that have different nutrition needs.
- (3) Write two fabulous ideas about nutritions.
- (4) Write 03 proposals to give knowledge about the importance of food to society.

04 A disaster means that it's happening by changing of environment within a long period and different bad activities done by people to environment. And it gives a critical situation that face to people and environment.

- (1) Write four natural disasters.
- (2) Write 03 bad effects of natural disaster management.
- (3) Name the stages of disaster management.
- (4) Write two important things about disaster management.

05 The classification of field events are shown in the following diagram.

- (1) Write two answer for 1 to 5 in anser paper.
- (2) Write two ways that use of button changes in different relay events.
- (3) Write two ways of getting button.
- (4) Write a rule connecting with button change.



06 We can take different experiences and we can develop the abilities to overcome the challenges in outdoor activities and in camps.

- (1) Write two types of cookers to cook in outdoor.
- (2) Write 03 uses of lightning a bonfire.
- (3) Write two uses of having a bonfire display.
- (4) Write 03 factors to pay attention to have a bonfire.