

Answer Paper - Part I

01. (4) 02. (2) 03. (3) 04. (1) 05. (3) 06. (3) 07. (1) 08. (1) 09. (2) 10. (4)
 11. (3) 12. (2) 13. (3) 14. (4) 15. (2) 16. (4) 17. (1) 18. (4) 19. (2) 20. (1)
 21. (2) 22. (4) 23. (4) 24. (4) 25. (2) 26. (1) 27. (1) 28. (4) 29. (2) 30. (4)
 31. (3) 32. (2) 33. (4) 34. (1) 35. (3) 36. (4) 37. (2) 38. (1) 39. (3) 40. (3)
 (40 marks)

PART - II

- 01 (1) Major nutrients - carbohydrates / protein / fat
 Micro nutrients - minerals / vitamins
 (2) Iodine deficiency / Vitamin 'A' deficiency / Calcium deficiency / Sink deficiency / Iron deficiency
 (3) Prepare foods with protect it's nutrients / prepare foods with develop it's nutrients.
 (4) Select fresh and new foods to eat / Use a little oil when cooking greens / take raw foods it you can / prepare mix meals.
 (5) Food become unsuitable position to use.
 (6) Microbes / artificial flavours / Store in irregular way inter actions of ingredients / inter actions between food and environment / food addition / unsuitable kitchen utensils
 (7) Mix or add for the foods and in this case those foods not suitable to standard.
 (8) add wheat flavour and colours to chilly powder / add wheat flavour to turmeric powder / mix papaya for pepper powder / mix mustard for Kurakkan seeds.
 (9) diabetic / cancer situations / obesity / Heart diseases / diseases related to bowels.
 (10) Consuming nutritional food / active life style / add fresh regetables and fruits to diet . maximum use of fat included foods / prevent in taking high fat. Solt and sugar included foods. (2 x 10 = 20 marks)

Part - I

02. (1) have a manager / have goals / have techniques to achieve the goals. (03m.)
 (2) intelligence / Self discipline / Motivate others / ability to solve problems / control the emotions / take correct decisions / knowledge about management theories ability of communication (1/2m.)
 (3) body exercises programmes / after school sports practise out door activities / Camps / sports meet / sports and physical education days / sports associations health promotion programmes / other sports competitions. (02m.)
 (4) Flexibility / Co-ordination / develop the rhythm (02m.)
 (5) (i) A.T.P. - (1/2m.)
 (ii) aerobic and anaerobic energy supply systems. (1/2 x 2 = 1m.)
03. (1) Ask the friend to lay on the ground and keep the feet raised. Loosen the tight fitting cloths around the waist, neck and chest; Allow for fresh air around the patient. Keep out the crowd. Help to friend to sit up when he feels good.
 give marks according to the answers that students write with identifying challenges in the question. (2 x 5 = 10m.)
04. (1) Syphilis / Gonorrhoea / Herpes / AIDS / non gonococcal urethritis / Genital warts / Candida (02m.)
 (2) Blisters, wounds, weeping sores styte in the genital areas / Unusual irritability in the genital area / Puzz ooxing out from the ragina / Pain during urination / Pain during sexual contact / Warts in the genital areas pain in the tower part of the abdomen. (03m.)
 (3) having sexual contacts with more than one partner / having sexual contacts with commercial professionals male, females / Home sexual associations / injecting drugs / having sexual contact with male, female, having wounds in their genital parts. (03m.)
 (4) ELISa test / western Blot test (01m.)
 (5) loss of the weight (10% per month) / fever last for about a month / Diarrhea last more than a month. (01m.)

Part - II

05. (1) X - muscles (01m.)
 (2) Y - High joint (02m.)
 (3) balance the emotions / connect with the OS / striations (03m.)
 (4) develop the ability of oxidizing, reduce the time of contract / maximum connection with capillaries maximum supply of energy long period. (04m.)
06. (1) 1 - A 2 D 3 F
 (2) Preparation (ready position) → rotation → velocity position → release → post position.
 (3) don't touch the lines when the event is started.
 don't go out from the pitch when the instruments land in to the throwing sector go out from back side of the throwing sector.
07. A (1) ball controlling / foot work / attacking / defending / shooting (02m.)
 (2) side to side running / forward and backward running change the direction quickly and running / change the speed of stepping and running / change direction and speed and running. (03m.)
 (3) a. Penalty pass or penalty shot.
 b. Toss up.
 c. Penalty shot.
 d. free pass from out side of the court.
 e. free pass from the place which is made the mistake by the player. (05m.)
- B (1) Servicing / Receiving / Setting / Spiking / blocking / Court defending (02m.)
 (2) holding the ball in both hands, twisting backward and dashing the ball in the ground / holding the ball on the palm on a hand & striking with other hand / stretching arm, raising it and striking the ball held by another / throwing the ball up using both hands and jumping up and striking. (03m.)
 (3) a. a service with a mark to Gamunu team.
 b. a service with a mark to Gamunu team.
 c. a service with a mark to Gamunu team.
 d. a service with a mark to Gamunu team.
 e. a service with a mark to Vijaya team. (05m.)
- C (1) dribbling / kicking / stopping the ball / Heading the ball
 throw in / Goal defending / Goal keeping (02m.)
 (2) stopping the ball using inside of the foot.
 stopping the ball by keeping the foot on the ball.
 stopping the ball using the top of the foot.
 stopping the ball using chest. (03m.)
 (3) a. direct free kick
 b. a throw in for star team.
 c. a penalty pass for sunrise team.
 d. direct free kick.
 e. a corner kick for sunrise team. (05m.)

