



Jaffna Hindu College

1st Term Evaluation Exam - 2022

Grade - 06

Health and Physical Education

Time : 1.30 Hours

Name / Index No :

Part - I

01. Select the most suitable answer and underline below it.

- Which of the following is used to calculate body mass index?
 1) $\frac{\text{mass}}{\text{height}}$ 2) $\frac{\text{height}}{\text{mass} \times \text{mass}}$ 3) $\frac{\text{mass}}{\text{height} \times \text{height}}$ 4) $\frac{\text{height}}{\text{mass}}$
- What is the amount of water a person should drink per day?
 1) 1.5ℓ - 2ℓ 2) 2ℓ - 2.5ℓ 3) 1ℓ - 2ℓ 4) 1.5ℓ - 2.5ℓ
- At least how many hours should a child sleep daily?
 1) 4 - 9 2) 8 - 10 3) 5 - 4 4) 3 - 5
- What does orange colour indicate in body mass index chart?
 1) Appropriate weight 2) Over Weight 3) Obesity 4) Under weight
- What is the amount of salt a person should take per day?
 1) 5g 2) 10g 3) 15g 4) 20g

(5 x 2 = 10 Marks)

02. Match the column A and B

- | A | B |
|-----------------------|----------------|
| 1) basic need | Over weight |
| 2) 5s concept | Anger |
| 3) Light purple | Air |
| 4) Unpleasant emotion | Obesity |
| 5) Over nutrition | Systematic way |

(5 x 2 = 10 Marks)

03. If the following statements are correct put (✓) if incorrect put (✗) in the brackets.

- Living in an environment with fresh air is important for physical well-being. ()
- Physical well-being means maintaining physical health and physical fitness. ()
- Wearing a mask in polluted areas can't prevent lung damages. ()
- The use of clean water is important for good physical well-being. ()
- By engaging in daily exercises, we can maintain our body health. ()

(5 x 2 = 10 Marks)

04. Select suitable words from the bracket and fill in the blanks.

(30 - 60 minutes, nutritional status, physical fitness, body mass index, emotion)

- 1) is the one's ability to engage in daily routine activities effectively.
- 2) Engage in sports or exercise at least for every day is important to maintain physical fitness.
- 3) A sudden mental state which causes internal and external changes in a person is called
- 4) is used to decide whether one's weight is appropriate for the height.
- 5) The nutritional condition of a person is

(5 x 2 = 10 Marks)

Part - II

Answer all questions.

01. What does healthy life mean?
02. Give five factors needed for maintaining good physical well-being.
03. Write five healthy habits for maintaining personal hygiene.
04. Explain the concept of WASH.
05. Give four factors to consider while choosing healthy food.
06. Give three indices that are used to measure the nutritional status of a person.
07. What is the equation for calculating waist circumference?
08. List out five good habits for maintaining mental health
09. What is empathy?
10. Write five characteristics of a person with good spiritual well-being.
11. Give three pleasant emotions.
12. Give five activities to avoid unpleasant emotions.

(12 x 5 = 60 marks)