



Jaffna Hindu College

1st Term Evaluation Exam - 2022

Grade - 07

Health Science

Time : 2.00 Hours

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Part I

01. Underline the most suitable answer

- The character can be seen in a healthy person is
1) lazy 2) happy 3) Sad 4) disease
- A person should drink water per day is
1) between 1.5 - 2.5 liters 2) between 1.5 - 2.5 liters
3) between 2 - 3 liters 4) between 1 - 2.5 liters
- The players play volley ball in each team consists
1) 07 2) 10 3) 12 4) 15
- Love and protection belongs to
1) Spiritual need 2) Social need 3) physical need 4) mental need
- Which of the following indoor folk game playing with equipment
1) mewara keliya 2) Olinda keliya 3) Mee kadima 4) Gudu panima
- Which is not the skills of volleyball
1) Serving 2) kicking 3) Foot work 4) Shooting
- Which of the following food group caused dangerous to our healthy body.
1) Sugar, Salt, Oil 2) grains, milk, Green leaves
3) fruits, Green leaves, peanut 4) Soya, vegetable, egg
- The national game of Sri Lanka is,
1) Net ball 2) volley ball 3) cricket 4) Net ball
- In which year volley ball game introduced to Sri Lanka
1) 1891 2) 1916 3) 1921 4) 1991
- Which of the following food contain rich protein
1) bread 2) dhal 3) coconut 4) Rice

(10 x 2 = 20 Marks)

02. Identify if each of the following statements are true (✓) or false (✗)

- It is the duty of everyone to respect others ()
- you can provide love and protection to others without an expense ()
- Two main ways of serving in volleyball game ()
- serving is the skills in football ()
- Fights at home among family members may result mental stress free and happiness ()

(5 x 2 = 10 marks)

03. Fill in the blanks using suitable words.

(Reuse, Football, James Nice simith, air, olinda keliya))

- 1) is the basic needs of human.
- 2) is the most popular game.
- 3) Volley ball game is introduced by in the world.
- 4) is the folk game that can be play during the new year season.
- 5) is the 3R concept to manage waste.

(5 x 2 = 10 marks)

Part - II

❖ Answer four Questions including questions no.01

01. 1) State three features of physical environment.

- 2) Write two themes under which promotion of family health can be discussed.
- 3) Name the person that you developing skills and knowledge on good health.
- 4) Mention 3 features of a good social environment
- 5) State 3 factors that are necessary for mental health promotion.

(5 x 3 = 15 marks)

02. 1) Name 2 group of peoples who give us love and protection

- 2) Name 3 External persons who help you in your daily affairs other than the members of your family.
- 3) What are the two types of family
- 4) List 3 harmful effects of not receiving love and protection
- 5) Give 3 duties and responsibilities to be fulfilled by you to receive love and protection.

(5 x 3 = 15 Marks)

03. 1) What are the two types of folk games according to the place where they can be played

- 2) Write three common features of folk games
- 3) Name three out door folk games that can be played with out equipment.
- 4) Folk games can be further grouped according to the type of participation, equipment requires, and other factors Name three of them.
- 5) Name three advantages that you gain when involving Folk games.

(5 x 3 = 15 Marks)

04. 1) Name three skills of Volley ball game.

- 2) What are the two types of serving
- 3) Explain the three steps of under arm service in Volley ball game.
- 4) State the length and width of Volley ball court.
- 5) Who first introduced the Volley ball game in Sri Lanka? When?

(5 x 3 = 15 Marks)

05. 1) List down the 3 activities to improve foot work.

- 2) Who introduce the netball game in the world? where?
- 3) Stretch the netball court and mark the length and width of net ball court.
- 4) How many players can be played Net ball in a team.
- 5) Give 3 skills of net ball game

(5 x 3 = 15 marks)