

# Let us overcome social challenges

There are many social challenges which affect our wellbeing. To face them successfully we need to identify them and steps to overcome them. This will help improve our physical, psychological and social wellbeing.

In the previous grades we learnt about environmental challenges such as accidents, disasters, abuse and diseases and how to overcome them.

This lesson will focus further on how to face social challenges.

## Major social challenges

- Unhealthy eating habits
- Diseases
- Climate change and disasters
- Cultural factors
- Problems related to new technologies
- Conflicts

Let us discuss how to overcome each of these challenges.

## Unhealthy eating habits

We fulfil our nutritional requirements by consuming food which we buy. We can classify these foods into 2 categories.

1. Natural foods
2. Artificial foods



Figure 21.1 - Natural and artificial foods

### Natural foods

Natural foods are those which have been minimally processed and have no added preservatives, flavours or colours.

eg: fresh vegetables, fruits, cereal.

### Artificial foods

Foods which have been subjected to changes

eg: processed food  
junk food  
fast food

## Natural food

Natural food has high nutritional value and is free of harmful chemicals. Therefore, natural food is healthy. Although some foods have not been processed they may have been contaminated by pesticides and chemical fertilizers. Therefore, we have to select natural foods carefully.

We must select the following types of food

- Food which has been grown without using pesticides or chemical fertilizers
- Food with a thick outer covering
- Fresh food
- Foods which are in season

## Artificial food

### 1. Processed food

Processed foods are foods where the content has been changed physically or chemically to preserve it or to enable quick preparation. Preservatives or artificial flavours are added to processed food.

eg: canned vegetables and fruits.

Milk which has been pasteurized and par-boiled rice are not harmful to health.

### 2. Fast food

Fast food can be prepared and consumed within a short time. Fast foods have less nutritional value.

eg: instant noodles, bacon, food made with wheat flour.

### 3. Junk food

Junk food contains excessive sugar, fat and calories. They have less fiber, protein, vitamins and minerals.

eg: potato chips, fried manioc chips, chocolate, fizzy drinks, rolls, pizza.

## Why we should not consume artificial foods?

Table 21.1

Characteristic of food	Adverse effects
Excess of sugar, fat or salt	Obesity, diabetes, hypertension, increased cholesterol
Less fiber	Constipation, diseases of the gastro intestinal tract
Excessive calories	Nutritional deficiencies due to reduced appetite
Excess use of artificial flavours, colouring and preservatives	Cancers, allergies and poisoning

Did you know that processed food can harm your health? You will now understand the importance of consuming natural food.



### Activity

Classify the food that is available in your canteen as natural and artificial. Identify the healthy types of food that are available in the canteen.

## Diseases

We can classify diseases as;

1. Communicable diseases
2. Non-communicable diseases

### Communicable diseases

These diseases can spread from one person to another. They are caused by disease causing microbes. They can spread directly or through a vector.

eg: dengue, malaria, filaria, tuberculosis, leptospirosis, typhoid, diarrhea, sexually transmitted diseases.

### Non-communicable diseases

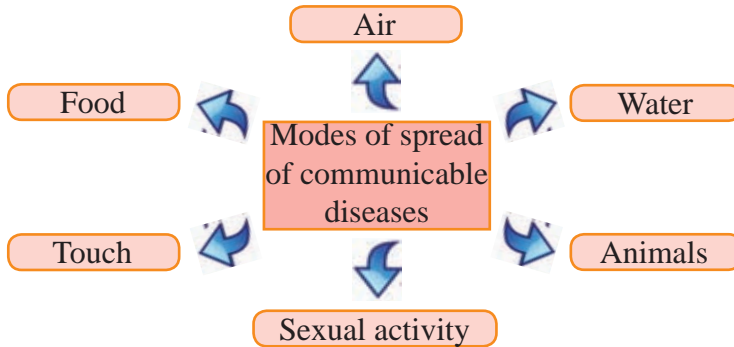
These are caused by physical factors and do not spread from one person to another.

eg: diabetes, cancer, hypertension and mental illness.

## Communicable diseases

Communicable diseases can spread through different modes.

Diagram 21.1



### Dengue

Dengue is spread by 2 species of Aedes mosquitoes. Dengue has become a major health challenge because of the actions of humans.

Dengue fever can result in complications such as dengue haemorrhagic fever. Because such conditions can be fatal we must prevent the illness and diagnose early with the help of investigations and treat adequately.

#### Symptoms of dengue



Fever which lasts more than 2 days

Headache

Eye pain

Muscle and joint pain

Nausea and vomiting

Red spots which develop on the skin

Bleeding

#### What should we do when these symptoms are present?

- Do not engage in strenuous activities. You must rest
- Use only paracetamol to control the fever
- Drink recommended amounts of fluid
- Do not consume food and drinks which are red or brown coloured
- Seek medical advice and carry out appropriate investigations



Figure 21.2 - Spread and control of dengue



### Activity

Describe how we can prevent the breeding of dengue mosquitoes

### Malaria

Malaria is spread by mosquitos. People travelling to countries with malaria should take medicines for malaria during that period. Tourists from these countries can spread the disease in Sri Lanka. Malaria can be diagnosed through a blood test.

#### Symptoms of malaria



Fever with chills and rigors

Poor appetite

Joint pains

Vomiting

Headache

### Filaria

Filaria is spread through mosquitos. Filaria has been eliminated in Sri Lanka. Therefore we do not encounter it these days. Filaria can be diagnosed by a blood test.

### Symptoms of filaria



Muscle pain

Fever

Painful lumps under the skin

Lymph node enlargement

Swelling of infected limbs



Figure 21.3 - Swollen limbs caused by obstruction of lymphatic flow due to filaria

### Tuberculosis

Cough is a common symptom. Cough which lasts more than 2 weeks should be investigated. The bacteria which causes tuberculosis can be identified by examining the sputum which is coughed out. Tuberculosis can be cured by treating for 6 months.

### Symptoms of tuberculosis



Chronic cough

Blood stained sputum

Fever

Chest pain

Unexplained loss of weight

Excessive sweating at night

## Leptospirosis

The infective agent is transmitted through the urine of infected rats. The bacteria enters the body through open wounds and by drinking or bathing in contaminated water where the bacteria can enter through the mucosa in the mouth or eyes.

In addition to rats, pets can also transmit these bacteria.

Farmers in areas where this disease is present should contact the MOH office and obtain preventive medicines. Open wounds should not be exposed to contaminated water. Medical advice should be sought immediately in case of noticing following symptoms.

### Symptoms of leptospirosis



Fever

Red and yellow eyes

Headache

Muscle pain

## Typhoid

This infection is transmitted through contaminated water and food. It can be prevented by consuming clean food and boiled water.

### Symptoms of typhoid



Fever

Watery diarrhoea

Abdominal pain

Lethargy

Poor appetite

Headache

## Diarrhoea

This is caused by a bacteria. It is transmitted through contaminated food and water.

### Symptoms of diarrhoea



Fever

Stools may contain blood and mucous

Abdominal pain

Loose stools

Poor appetite

### Sexually transmitted disease.

Sexually transmitted diseases are spread from one infected person to another through unsafe sexual behaviour.

eg: HIV AIDS, gonorrhoea, syphilis, genital warts and genital herpes.

### HIV AIDS

Infection with the HIV (human immunodeficiency virus) can result in AIDS (acquired immune deficiency syndrome) This suppresses the immunity provided by the white blood cells in blood and reduces our resistance against infection.

The symptoms of AIDS appear after many years, therefore, the person can transmit this disease to others during this period. The HIV cannot survive on its own in the environment, it can only survive inside a live cell.

HIV can be diagnosed by a blood test.



Figure 21.4 - Testing for HIV



### Transmission of HIV

Unsafe sexual behaviour  
Transmission from an infected mother to the child

- across the placenta during pregnancy
- during child birth
- through breast milk

Transfusion of infected blood  
Transplant of organs or tissues of an infected person  
Syringes and other equipment which have been contaminated with blood from an infected person and has not been properly sterilized

### HIV is NOT transmitted through the following

Touch or shaking hand with an infected person  
Hugging an infected person  
Coughing or sneezing  
Through clothes, food, cups and plates used by an infected person  
Bites of mosquitos and other insects  
Swimming in a pool  
Toilet seats



### Activity

Learn about common infectious diseases. Make a chart of the preventive measures for each of these diseases and display it in your class room.

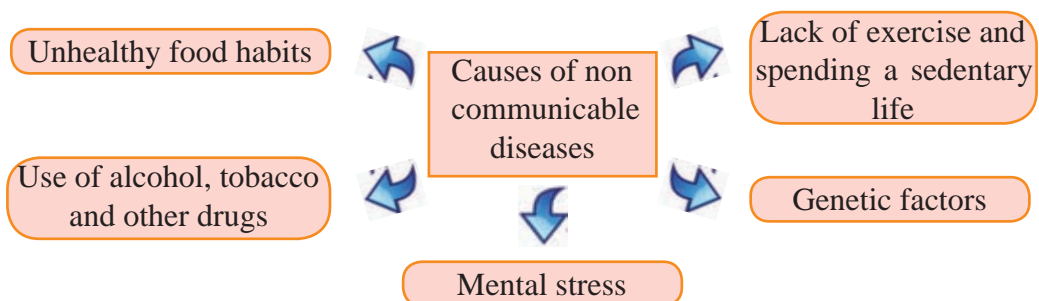
## Ways to prevent infectious diseases

- Maintain good personal hygiene
- Obtain recommended immunization
- Engage in healthy habits
- Use mosquito nets, mosquito coils and mosquito repellants appropriately
- Prevent environmental pollution

## Non communicable diseases

Many factors increase the risk of non communicable diseases.

Diagram 21.2



## Diabetes

In diabetes the blood glucose level is increased. The excess glucose is eliminated in the urine.

If the disease is not controlled it can lead to complications such as heart attacks, visual problems, kidney diseases and stroke.

### Symptoms of diabetes



Excessive weight loss

Increased frequency and amount of urine

Delayed wound healing

Excessive thirst and dry mouth

Poor vision, lack of energy, dizziness

Tingling sensation in hands and feet

## Hypertension (high blood pressure)

In hypertension the blood pressure is more than normal. It can lead to complications. Therefore, blood pressure must be checked regularly and the person should take medicines to control it.

### Symptoms of hypertension



Headache, dizziness

Nausea

Chest pain, palpitations

Visual problems

Excessive sweating



Figure 21.5 - Checking blood pressure

## Heart disease

Ischaemic heart disease is caused by the narrowing the coronary arteries or because of a blood clot which block the coronary arteries which supply blood to the heart.

### Symptoms of heart diseases



Difficulty in breathing

Chest pain

Pain radiating down the left arm

Lethargy and pallor

A person who develops features of heart disease should immediately seek medical advice. An ECG can help to diagnose heart disease.

## Cancer

In cancer there is uncontrolled growth of cells in some areas of the body. This can happen in different organs. The cancer is named according to the organ it involves.  
eg: oral cancer, breast cancer, cervical cancer.

The symptoms vary according to the site of the cancer.

eg: Oral cancer-change in voice, chronic cough

Gastro intestinal system-alteration of bowel habits, passing of blood

Breast - Presence of a painless lump

Cancer can be cured if diagnosed and treated early.

## Kidney disease

Diseases of the kidney interfere with the process of filtration and production of urine which affects the elimination of waste from the body.

## Symptoms of kidney disease



Swelling of the body

Joint pain

Reduced concentration

Reduced production of urine

Too much of sleep

Itching of the body

## Causes of kidney disease

- Use of medication without proper medical advice
- Consuming food and drugs which can harm the kidneys
- Consuming unfiltered water with heavy metals
- Stress
- Diabetes and hypertension



Figure 21.6 - Use of medication without proper medical advice

## Mental illness

Mental illness can be precipitated by stress due to difficulties in decision making, problem solving and poor life skills.

Like physical illness, mental illness can also pose a risk to life. Some mental illness may be difficult to diagnose during its early stages.

The risk of mental illness is increased by the competitive life style which affects our wellbeing, poor stress management and lack of leisure activities.

## Symptoms of mental illness



Feeling of hopelessness

Isolated behaviour

Restlessness

Irritability

Hearing or seeing things  
which are not present

Reduced speech or excessive speech

Poor memory

Reduced concentration



Figure 21.7 - Restlessness

You can prevent these conditions by improving your wellbeing by engaging in sports and aesthetic activities and seeking help if you have a problem which causes stress.

## Prevention of non communicable diseases

- Restrict excessive use of sugar, fat and salt in food
- Avoid consuming artificial foods
- Consume clean water
- Avoid consumption of alcohol, tobacco and other drugs
- Exercise daily
- Maintain normal BMI
- Check blood pressure and blood glucose levels regularly
- Manage stress

## Challenges due to communicable and non communicable diseases

- Weakness of body and reduced functioning
- Interferes with functioning of internal organs
- Physical and psychological disability which reduces day-to-day activities
- Affects education and employment
- Affects the economy
- Loss of life



### Activity

Get help from your teachers, divide into two teams and conduct a debate on “Which causes more social harm, is it communicable or non communicable diseases?”

## Climate change and disasters

In recent times, there is more frequent change in weather patterns and environmental disasters. Disasters may occur naturally or due to acts of man such as environmental pollution.

Earthquakes, Tsunami, floods, landslides, cyclones, lightning strikes etc are some examples for disasters.

Because disasters cause major disruption to life it is important to identify such situations early and take appropriate action.

### Harm caused by climate change and disasters

- Spread of diseases
- Loss of life
- Damage to property
- Displacement
- Injury
- Shock
- Mental stress



Figure 21.8 - Climate change and disasters

### Ways to prevent disasters and to minimize the damage

- Monitor the changes in the environment
- Be aware of unsafe and risky places and time periods
- Set laws and standards

- Develop good attitudes
- Be aware of phone numbers to inform in case of emergency
- Set up alarm systems
- Prevent environmental pollution
- Be educated about first aid



### Activity

Make a booklet about the disasters that happened during the last year.

## Cultural influences

Sri Lanka is a multicultural country made up of Sinhalese, Tamils, Moors, Burghers and other races. Many countries in the world too are multicultural. There are differences in aspirations, religion, language, beliefs, traditions, clothes and other factors among different people. This can sometimes lead to social problems.

eg:

- Social isolation and difficulty in meeting ones needs because of inability to speak a language.
- Racial discrimination.
- Discrimination in opportunities for education and employment.

Learning to respect other cultures, just like our own, and treating everyone equally and humanely can prevent such problems.

Sometimes when people of different cultures live together certain cultural values may clash. It is important to be aware of such situations and be flexible.

We must develop skills such as ability to respect others, effective communication, developing good interpersonal relationships and controlling our emotions. This will allow people of different cultures to live together without creating problems.



### Activity

Think of some people you know who belong to different cultural backgrounds. List the similarities and differences among them.

## Improper use of technology

New technology has enabled us to carry out our daily activities easily and efficiently. However improper use of technology has negative consequences.

For example, the internet and social media have many uses but improper use can result in harmful consequences for children and adults.

## Negative consequences of technological development

- Use of machinery instead of human labour has led to unemployment
- Manufacture of dangerous chemicals and nuclear weapons
- Reduced interpersonal relationships and social isolation
- Lack of life skills development due to excessive use of machinery
- Sedentary life style and as a result risk of contacting non-communicable diseases
- Children who cannot set limits on the use of mobile phones and social media may be led astray and be exploited

You must learn to earn the benefits of technological development and minimise their negative consequences.

## Examples of positive use of technological development

1. Communication can be carried out quickly and easily
2. Ability to obtain information and knowledge anytime, anywhere
3. Makes household work easier
4. Reduces stress by providing entertainment
5. Provides educational opportunities
6. Improves the quality of medicines and other treatment methods
7. Saves time and money
8. Supports inventions and creativeness



Figure 21.9 - Obtain information



## Conflict

Conflicts arise due to mismatch or disagreement of ideas or preferences. Conflicts can arise within us or within society.

### Conflict



- Within us
- Between parents and children
- Between friends
- Between employers and employees

Sometimes conflicts can arise within us when we have to make choices. For example when choosing subjects we have to consider factors such as what we like and dislike as well as what is easy and difficult etc.

When we associate with the people who have different ideas and preferences we may face situations where there are disagreements which can lead to conflict.

#### Negative consequences of conflict

- Mental illness
- Disruption of education
- Loss of employment
- Financial problems
- Due to physical conflicts
  - injury
  - disability
  - loss of life

#### Ways to prevent conflicts

- Develop life skills
- Follow a simple life style
- Develop psychological and spiritual wellbeing
- Maintain good interpersonal relationships
- Develop healthy attitudes



#### Activity

Discuss with your friends about situations where you resolved conflicts.

## Summary

Processed foods, diseases, negative consequences of new technologies, climate change and disasters, conflict and cultural influences are some examples of challenges we face in society.

Natural foods are high in nutritional value while artificial food can cause health problems.

Communicable diseases are spread through air, water, food, animals and sexual behaviour. Most non communicable diseases are caused by unhealthy life style.

Harms caused by climate change and disasters include spread of disease, damage to life and property, displacement, shock, stress and disruption of education.

We must ensure that conflicts don't arise when people of different cultural backgrounds live together.

Although new technologies are helpful they can have negative consequences. Therefore, we must use them carefully.

Conflicts arise when there is disagreement. These conflicts can arise within us or with other members of the society. We can avoid conflict by developing life skills.



## Exercise

1. Name the social challenges which affect health.
2. Explain how junk food and fast food affect our health.
3. List communicable diseases and state how they are transmitted.
4. Describe how we can prevent non communicable diseases.
5. What are the harmful consequences of climate change and disasters?
6. How can we minimise dangers in disaster situations?
7. What skills should you develop to prevent cultural clashes and conflicts?
8. What are the negative consequences of improper use of new technologies?

## Glossary of technical terms

approach run	ஏவுகிரீஸ் டிவான்	அணுகலோட்டம்
attacker	ஏவுகிரீஸ் திவினா	தாக்குபவர்
bar clearance	வரட்சி டீன்டி வரன்	குறுக்குச் சட்டத்தைத் தாண்டல்
basic needs	மூலிக ஏவன்	அடிப்படைத் தேவைகள்
binocular vision	டீபினேகிரி டீஷி	இரு விழிப் பார்வை
biological gender	கீவ விடயான்கை சீத்ரி பூரகை வாவ	உயிரியல் பால்நிலை
blocking the ball	பன்டூவ வுடூகி	பந்தைத் தடுத்தல்
body composition	வாயீகை சண்டி	உடற் கொள்ளளவு
body mass index	வாயீகை சண்டி டீரீகை	உடற்றிணிவுச் சுட்டி
bonfire	கிசீகை	தீச்சுடர் (முகாமில் மூட்டும் நெருப்பு)
bowline knot	வோலிசீசை வோன்டி டீகை	வழுக்கா சுருக்கு முடிச்சு
bread-dough baker	பான் தீர் வுமிவன்	பான் கிலங்களை வாட்டும் கருவி
cardiovascular endurance	வாடயாசிரி டீரீகை வுமிவன்/ வாடய வு பைவாசிரி ஏவிரி டீரீகை வுமிவன்	இதயம் மற்றும் சுவாசம் சார் தாங்குதிறன்
carter's fireplace/ three-stone fireplace	கர்னகர்வாவை டீகை/ வல் வுனை டீகை	மூன்று கற்களிலான அடுப்பு
clove hitch	கைசீபிவா டீகை	பலாப்பட்டை முடிச்சு/ எட்டு முடிச்சு
communicable disease	வல்வன் டீகை	தொற்றும் நோய்
congenital	சண்டி	புலனுணர்வு
defending the ball	பன்டூவ டீகை	பந்தைக் காத்தல்
defending the field	பிவி டீகை	களத்தைக் காத்தல்
defending the player	திவினா டீகை	வீராங்கனையைக் காத்தல்
defending the position	சீவன் டீகை	இடம் காத்தல் (நிலை)
ditch fire	ஏவல் டீகை	குழி அடுப்பு
double-fork fireplace	கர் டீகை	இரு கவன்கள் கொண்ட அடுப்பு
downsweep technique	வசி ஏன் கும்	கீழ்க் கை முறை
eastern cut off	பைரீகை பிவி	கீழேத்தேயப் பாய்ச்சல்
emotional balance	விவ்வை சவ்வன்	மனவெழுச்சி சமநிலை
empathy	ஏவூவை	பரிவுணர்வு
ethics in sports	திவினா ஏவாடீகை	விளையாட்டு ஒழுக்கம்
expiary date	கல் டீகை	கலாவதித் திகதி
exploratory thinking	வவைவ்வன் விவ்வன்	கண்டறி சிந்தனை
flexibility	வவ்வன்	நெகிழும் தன்மை
flight	பிவாசீகை/ வுவிவ்வன்	பறத்தல் நிலை
followership	ஏவூவாவ்வன்	பின்பற்றுதல்
food pyramid	ஏவா பிவி	உணவுக் கூம்பகம்
gender identity	பிவி ஏவ்வன்	பால்நிலை அடையாளம்
hang technique	வல்வை	தொங்குதல் நுட்பம்
health promotion	சைவ பிவி	சுகாதார மேம்பாடு
health related physical fitness	சைவ ஏவிரி வாயீகை வவ்வன்	சுகாதார உடற்றகைமைகள்
hitch-kick technique	வூவன் வு வாயீகை	வளியில் பாதங்களை மாற்றும் முறை
inside pass	ஏவூவ வாயீகை	உட்பக்கம் அனுப்புதல்
interpersonal relationships	ஏவ்வூவல் சவ்வன்	தனிநபர்களுக்கிடையிலான உறவு
junk food	விவல் ஏவா	பதனிடப்பட்ட உடன் உணவு
leadership	வவ்வன்	தலைமைத்துவம்
lead-up game	ஏவூ திவி	வழி விளையாட்டு
manufacture date	விவ்வூவல் டீகை	உற்பத்தித் திகதி
maternity clinic	வவ்வன் சைவ	கர்ப்பிணிச் சிகிச்சை நிலையம்
medical health office	சைவ வைவல் விவ்வாயீகை	சுகாதார வைத்திய அதிகாரி காரியாலயம்
mental wellbeing	வவ்வன் வவ்வூவல்	உள் நன் நிலை

minor game  
 mixed pass  
 muscular endurance  
 muscular strength  
 non-communicable disease  
 non-visual pass  
 nutrients  
 nutritional deficiency  
 obesity  
 opposing team  
 opposing thumb  
 organised game  
 outdoor education  
 outside pass  
 penalty pass  
 penalty shot  
 physco-social fitness  
 physical deformity  
 physical fitness  
 physical fitness factors  
 physical wellbeing  
 power grip  
 power position  
 precision grip  
 processed food  
 public health inspector  
 public health midwife  
 pyramid fire  
 receiving the ball  
 rectangular fire  
 reef knot  
 reflector fire  
 relay race  
 rules and regulations in sports  
 sail technique  
 scissor jump  
 self actualisation  
 self esteem  
 sensory organ  
 serving the ball  
 setting the ball  
 shear lashing  
 sheet bend  
 shooting the ball  
 skill related physical fitness  
 social concept of gender  
 social wellbeing  
 spiking  
 spiritual wellbeing  
 square lashing  
 stone-row fireplace  
 take-off  
 team spirit  
 throw-in

සුළු ක්‍රීඩාව  
 මිශ්‍ර මාරුව  
 ජේෂ්මය දූර්වමේ හැකියාව  
 ජේෂ්මය ශක්තිය  
 බෝ නොවන රෝගය  
 අදාශ්‍ය මාරුව  
 පෝෂ්‍ය පදාර්ථ  
 පෝෂණ උගතාව  
 ස්ථූලතාව  
 ප්‍රතිවාදී පිල  
 පිළිමල් මහපට ඇඟිල්ල  
 සංවිධානාත්මක ක්‍රීඩාව  
 එළිමහන් අධ්‍යාපනය  
 පිටත මාරුව  
 දඬුවම් යැවීම  
 දඬුවම් විදීම  
 මනෝසමාජීය යෝග්‍යතාව  
 ශාරීරික ආබාධය  
 ශාරීරික යෝග්‍යතාව  
 ශාරීරික යෝග්‍යතා සාධක  
 කායික යහපැවැත්ම  
 බල පරිග්‍රහණය  
 ජව ඉටියවීම  
 සියුම් පරිග්‍රහණය  
 සැකසූ ආහාර  
 මහජන සෞඛ්‍ය පරීක්ෂක  
 පවුල් සෞඛ්‍ය නිලධාරියා  
 පිරමීඩ ගිනිමැළය  
 පන්දුව ලබා ගැනීම  
 සෘජුකෝණාස්‍ර ගිනිමැළය  
 පිරිමි ගැටය  
 පරාවර්තන ගිනිමැළය  
 සහාය දීම  
 ක්‍රීඩා නීති රීති  
 පාවෙන ක්‍රමය  
 කතුරු පිම්ම  
 ආත්ම සාක්ෂාත්කරණය  
 ආත්මාභිමානය  
 සංවේදී ඉන්ද්‍රිය  
 පන්දුව පිරිනැමීම  
 පන්දුව එසවීම  
 කතුරු බැම්ම  
 රුවල් ගැටය  
 පන්දුව විදීම  
 දක්ෂතා ආශ්‍රිත ශාරීරික යෝග්‍යතාව  
 ස්ත්‍රී පුරුෂ සාමාජිකයන්  
 සමාජීය යහපැවැත්ම  
 පන්දු ප්‍රහාරය  
 ආධ්‍යාත්මික යහපැවැත්ම  
 හතරැස් බැම්ම  
 ගල් පේළි ලිප  
 ඉපිලීම/ නික්මීම  
 කණ්ඩායම් හැඟීම  
 පන්දු පිටිය තුළට විසි කිරීම

சிறு விளையாட்டு  
 கலப்பு மாற்றம்  
 தசைத் தாங்குமியல்லு  
 தசைச் சக்தி  
 தொற்றாத நோய்  
 பார்க்காமல் மாற்றுதல்  
 போசணைக் கூறுகள்  
 போசணைக் குறைபாடு  
 அதிக நிறை  
 எதிரணி  
 எதிரிடையாக அசையத்தக்க பெருவிரல்  
 ஒழுங்கமைக்கப்பட்ட விளையாட்டு  
 வெளிக்கள கல்வி  
 வெளிப்பக்கம் அனுப்புதல்  
 தண்ட எறிகை  
 தண்ட எய்கை  
 உள சமூக நன்னிலை  
 உடற் குறைபாடு  
 உடற்றகைமை  
 உடற்றகைமை காரணிகள்  
 உடல் நன்னிலை  
 உறுதியாகப் பற்று  
 வலுநிலை  
 உறுதியாகப் பற்றுதல்  
 பதப்படுத்தப்பட்ட உணவு  
 பொதுச் சுகாதாரப் பரிசோதகர்  
 குடும்ப சுகாதார உத்தியோகத்தர்  
 பிரமிட் தீக்குவியல்  
 பந்தைப் பெற்றுக்கொள்ளல்  
 செவ்வகத் தீக்குவியல்  
 ஆண் முடிச்சு  
 தெறிப்புத் தீக்குவியல்  
 அஞ்சல் ஓட்டம்  
 விளையாட்டு விதிமுறைகள்  
 மிதித்தல் நுட்பம்  
 கத்தரிப் பாய்ச்சல்  
 சுய திறனியல்  
 சுய கௌரவம்  
 புலனுறுப்பு  
 பந்தைப் பணித்தல்  
 பந்தை ஒழுங்கமைத்தல்  
 கத்தரிக்கோலுரு முடிச்சு  
 ராவல் முடிச்சு  
 பந்தை எய்தல்  
 திறன் தொடர்பான உடற் தகைமை  
 கால் நிலை தொடர்பான சமூக எண்ணக்கரு  
 சமூக நன்னிலை  
 அறைதல்  
 ஆன்மீக நன்னிலை  
 சதுரக்கட்டு  
 கல்வரிசை அடுப்பு  
 மேலெழல்  
 குழுவுணர்வு  
 உள்ளெறிகை

time management	கால கළමனாகரணம்	நேர முகாமைத்துவம்
tin can stove	பின்புற அடுப்பு	தகர்ப்பேணி அடுப்பு
unit fireplace	பீகை டீப	அலகு அடுப்பு
upsweep technique	உயர் அடுப்பு	மேற்கை முறை
vegan	வகை அரை பழைக்கி உணவு	தாவர உணவுகளை மட்டும் உண்போர்
visual pass	பார்வை	பார்த்து மாற்றுதல்
warming down	புது ஆய்வு கிரீம்	உடலைத் தளர்த்தல்
warming up	புது உணவு கிரீம்	உடல் உஷணப்படுத்தல்
western roll	வடக்கி பிழை	மேலேத்தேய பாய்ச்சல்

## Lesson Sequence

Lesson in the text book	Competency level	No. of periods
<b>1<sup>st</sup> Term</b>		
1. Let us build a healthy society	1.1	5
2. Let us achieve towards self actualization	2.1	2
3. Let us identify physical deformities which prevent good posture	3.1	2
4. Let us identify organized games and outdoor activities	4.1	1
5. Let us play volleyball	4.5	3
6. Let us play netball	4.6	3
<b>2<sup>nd</sup> Term</b>		
7. Let us play football	4.7	3
8. Let us train for relay-races	5.1	2
9. Let us practise long jump	5.2	2
10. Let us fulfill our nutritional needs	7.1	6
11. Let us protect the features which affect our appearance	8.1	3
12. Let us develop health related physical fitness	9.1	6
<b>3<sup>rd</sup> Term</b>		
13. Let us be familiar with knots and lashings	4.2	3
14. Let us enjoy making bonfires	4.3	3
15. Let us cook food outdoors	4.4	3
16. Let us train high jump events	5.3	2
17. Let us practise throwing events	5.4	2
18. Let us develop social values through sports	6.1	2
19. Let us improve our psychosocial fitness	9.2	3
20. Let us identify gender responsibilities	10.1	3
21. Let us overcome social challenges	10.2	4