# JAFFNA HINDU COLLEGE

## Risk Holiday Self - Education Worksheet (2) – 2020

Grade – 06 | Health and Physical Education

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**INSTRUCTIONS :**

- Answer all the questions.
- Answer the questions on answer sheets only.
- Read the respective lesson units thoroughly and comprehend before you attempt answering the questions.
- File the completed answer and hand over to the class teacher when the school reopens.

### Unit 02 - let us identify needs and desires

1. What is a basic need?
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   ……..
2. Name the basic needs of human?
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   ……..
3. Give 2 physical needs of human ?
   ……
   ……..
4. Give 3 examples for mental and social needs?
   ……
   ……..
5. How desires differ from the needs?
   ……
   ……..
6. Give 2 activities that pollute the air in urban area?
   ……
   ……..
7. Write the harmful effects due to the intake of polluted air andwater?
   ……
   ……..
8. What is healthy balanced diet?
   ……
   ……..
9. Give the importance of balanced diet to the body?

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10. What are the factors to be concerned in fulfilling need and desires?

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……..

11. Mention the harmful effect of media advertisement while fulfilling our desires?

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12. Give 3 ways for the proper usage and management of unlimited resources?

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……..

13. Prepare a list of items bought to your home during the last month and categorize them as needs or desires?

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## Unit 06 - Let us respect rules and regulations and ethics in sports

1. What is rules and regulations in sports?

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……..

2. What is ethics in sports?

……
……..

3. Volleyball, Who is the king? Cricket, hopscotch.
   From which of the above game are played in accordance with rules regulation and ethic, without adjustment.

……
……..

4. write 4 advantages of maintaining rules, regulations and ethics in sports ?

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……..

5. write 3 advantages obtained by the society when playing in accordance with rules regulations and ethic in sports?

……
……..

6. Mention 3 difficulties that must be faced when engage in violating rules, regulation and ethics in sports ?

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……..

7. Write 3 advantages obtained by the society when playing in accordance with society when playing in accordance with rules, regulations and ethic in sports?

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……..

8. Give 3 personal qualities that could be improved when maintaining rules regulations and ethics in sports

……
……..

9. Mention the rules regulations and ethics in a sports that you know well?

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……..

10. Collect and write the information about the person who has particticipated in sporting events and violated rules regulations and ethics in sports in national or international level?

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## Unit 07 - Let us get used to healthy food habits

1. Give the main functions of food and state the nutrient that is responsible for that function?

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……..

2. Which nutrients are include in Micronutrients?

……
……..

3. Which nutrients are included in Micrountrients?

……
……..

4. Mention 2 vitamin and minerals that are need for the growth of the body?

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5. Write the importance of vitamins and minerals for human body?

……

6. Give the six main type of food in our meals?

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……..

7. what are the points to be considered when choosing healthy food for your meal?

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……..

8. State 3 factors that determine the quality of food that is taken by individual?

……
……..

9. Which type food should be taken with least proportion in the food plate?

……

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10. Give 2 advantages of in taking natural food for the body?

    …….

11. What properties of the food change when freshness of the food decreases?

    …….

    ……..

12. What are the factors that can be considered while selecting packed food item for consumption?

    …….

    ……..

13. Write down 4 snacks eaten in-between the main meals?

    …….

    ……..

14. Give 3 mixed food?

    …….

    ……..

15. What are the Problems faced due to over nutrition?

    …….

    ……..

16. What are the problems faced due to under nutrition?

    …….

    ……..

17. Write 3 diseases which are caused by overnutrional condition of a person?

    …….

    ……..

18. Which macro nutrients are responsible for over nutritional condition?

    …….

19. Identify the micronutrients are responsible for following deficiencies
    a. Anmia
    b. goiters
    c. Low immunity
    d. weakness of the bones and teeth

20. Write the bad influence of Vitamin A deficiency

    …….

21. Mention 3 food type which are rich in calcium

    …….

    ……..

22. Which vitamin is increase the absorption of iron to the body ?

    …….

    ……..

23. Which Micronutrient is essential for the increase the production of hemoglobin in blood?

    …….

    ……..

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