

2nd Term Test – 2018

Grade 6

Health (English Mediums)

Name

Part I

❖ **Underline the correct answer**

1. What is health?
 - i. live happily
 - ii. free of diseases
 - iii. being healthy
 - iv. physical mental, social and spiritual well being

2. The things essential for human to live
 - i. basic needs
 - ii. other needs
 - iii. desires
 - iv. needs

3. A situation where the correct posture should followed
 - i. stand at attention
 - ii. stand at ease
 - iii. sitting
 - iv. stand ease

4. An activity followed to prevent respiratory diseases
 - i. avoid taking food
 - ii. Using masks to cover mouth
 - iii. closed windows and doors
 - iv. hanging kohomba leaves

5. A sanitation habit
 - i. removing teeth
 - ii. Wash or bathe daily
 - iii. wearing new clothes
 - iv. engage in exercises daily

6. A food that contains protein
 - i. Jack
 - ii. potatoes
 - iii. fish
 - iv. apple

7. A non communicable disease
 - i. cold
 - ii. diabetes
 - iii. cholera
 - iv. dengue fever

8. Food with sugar and oil
 - i. help to grow
 - ii. help to safeguard from diseases
 - iii. avoid constipation
 - iv. gives energy

9. Minor game
- i. trampling poison ii. chess
- iii. basketball iv. carrom
10. Game that can be done by yourself
- i. basketball ii. skipping iii. chess iv. rugby

❖ Questions from 11 – 15 mark right (√) or wrong (X) within the brackets.

11. The heel should touch the ground first in correct walking posture. ()
12. Badminton game is a throwing activity ()
13. Lead up games are created for happiness and enjoyment ()
14. Cleanliness of the teeth and nails increases physical appearance ()
15. Playgrounds with approved measurements are not needed for organized games ()

❖ Match the correct answer in column “A” with “B”

- | A | B |
|--|------------|
| 16. Popular game among girls | volleyball |
| 17. An indoor game | netball |
| 18. Mr. Robert walter Commack introduced | badminton |
| 19. number of players who can play in a volleyball match | 6 |
| 20. Marco nutrients are divided in to | 3 |

Part II

❖ Answer all the questions

1. i. Why do we need food daily?
- ii. Name the marco nutrients
- iii. What are the points you should consider when choosing healthy foods.
- (Marks = 4 x 3 = 12)
2. The use of mixed food enhance the nutritional value.
- i. Mention 4 types of mixed food.
- ii. Mention 3 points you should consider when selecting water bottles.
- iii. What are the factors you should consider when buying fresh fish.
- (Marks = 4 x 3 = 12)

3. i. Write 4 difficulties faced by players for not following rules and regulations.
ii. Mention 4 features of organized games
iii. Mention 3 activities that can be practiced by an individual in netball

(Marks = 4 x 3 = 12)

4. What is the difference between
i. walking and running
ii. Draw a picture of foot marks in correct walking
iii. Mention 3 running events.

(Marks = 4 x 3 = 12)

5. i. Mention 4 minor games
ii. Name 4 team games
iii. Mention 4 facilities needed for foot ball game.

(Marks = 4 x 3 = 12)