



01). Underline the most suitable answer.

1. Which of the following cannot be taken as a feature of a healthy physical environment.
 - i). Protection
 - ii). Clean surroundings
 - iii). Tranquility
 - iv). Clean water.
2. A feature of a healthy mental environment.
 - i). Clean Surroundings
 - ii). Healthy food
 - iii). Relaxation
 - iv). Sufficient Space.
3. Listening to good radio programs and watching educational programs on TV will help you to improve the,
 - i). Physical well-being
 - ii). Psychological well-being.
 - iii). Spiritual well-being.
 - iv). None of the above.
4. Being law abiding can be categorized as a characteristic of a,
 - i). Physical well-being
 - ii). Psychological well-being.
 - iii). Social well-being.
 - iv). All above.
5. Spending your leisure time with your family members is important for you to,
 - i). Fulfilling your duties and responsibilities.
 - ii). Being law abiding.
 - iii). Observe rules and regulations.
 - iv). Build good interpersonal relationship.
6. Which of the following can be categorized under a feature of a spiritual well-being.
 - i). Productive communication
 - ii). Helping the needy.
 - iii). Tranquility.
 - iv). None of the above.

7. Can be considered as a feature of a social environment.
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|---------------------------|--------------------------------|
| i). Protecting nature. | ii). Productive communication. |
| iii). Love and protection | iv). All above. |
8. Cannot be recommended for a person to intake as a healthy drink,
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|-----------------------|---------------------|
| i). Carbonated drinks | ii). Fruit juices. |
| iii). Coffee | iv). Herbal drinks. |
9. To whom that you should inform first if a member of your family has an infections disease.
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| i). Hospital | ii). PHI |
| iii). PHM | iv). MOH |
10. What kind of community programs that can be organized with the help of Grama Niladari, school etc,
- | |
|-----------------------------------|
| i). Shramadana |
| ii). Dengue Prevention campaigns. |
| iii). Health Clinics. |
| iv). All above. |

02). Mark these Sentences (✓) or (x)

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| i). Love, Protection and relaxation help to reduce stress. | () |
| ii). Growing trees in our home garden does not effect of getting fresh air and to control temperature. | () |
| iii). Getting vaccines at different ages in life is a benefit that we get by the health service. | () |
| iv). Love is a Psychological need | () |
| v). People who give us love and protection can be divided into 5 main groups | () |

(2 x 5 = 20 marks)

03). Fill in the blanks with the suitable word given in the box

Excessive, Diabetes, Clinics, Groups, High – blood pressure, Windows, respiratory, week, polluted, activities, environment, inhaling, altogether, clean, society.

- i). Diseases such as and can be treated by which are forms by the government.
- ii). Community support is getting the support of various of people in the
- iii). Intake of amounts of sugar will increase the risk of getting diabetes.
- iv). By Ironing our cloths once a we can save electricity.
- v). It is important to build more to get air.
- vi). You will easily get diseases in system by air.
- vii). such as Meditation and helping needy will help to create healthy spiritual.

(1x15 = 15 marks)

Part II

Answer all question.

(01). i). Define Health Promotion.

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(3 marks)

ii) Write 2 characteristics of a healthy Social Environment.

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(2 marks)

iii) What is 3R Concept – Explain

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(3 marks)

iv) What is the meaning of PHI and PHM

PHI -.....
PHM -.....

(4 marks)

v) Who are the members of a nuclear family

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(3 marks)

vi) Who are the other people who give us love and protection other than your parents.

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