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10 ශ්‍රේණිය - විශේෂ ඇගයීම (පළමු වාරය) - 2022  
தரம் 10 - முதலாந் தவணைப் பரீட்சை (முதலாம் தவணை) - 2022  
Grade 10 - Special Evaluation (First Term) - 2022

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Health and Physical Education

පැය 01  
One Hour

Part - I

• Answer all questions.

01. Expected healthy birth weight of a baby,

i. 1.5 kg – 2.5 kg

iii. 3.5 kg – 4.5 kg

ii. 2.5 kg – 3.5 kg

iv. 4.5kg – 5.5 kg

02. A baby need breast feeding,

i. Only 1<sup>st</sup> month

iii. Only 4<sup>th</sup> month

ii. Only 2<sup>nd</sup> month

iv. Only 6<sup>th</sup> month

03. According to the Asian measurements B.M.I. value for normal level,

i. < 18.5

iii. 23.0 – 26.9

ii. 18.2 – 22.9

iv. >27.0

04. How to calculate the B.M.I.,

i. 
$$\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

ii. 
$$\frac{\text{Height (m)}}{\text{Weight (kg)} \times \text{Weight (kg)}}$$

iii. 
$$\frac{\text{Weight (kg)} \times \text{Weight (kg)}}{\text{Height (m)}}$$

iv. 
$$\frac{\text{Height (m)} \times \text{Height (m)}}{\text{Weight (kg)}}$$

05. Which type of food item leads to non-communicable diseases,

i. Grains

ii. Vegetables

iii. Pork

iv. Fruits

06. Need 5 meals a day in,
- |                      |                    |
|----------------------|--------------------|
| i. Neonatal stage    | ii. Infant stage   |
| iii. Early childhood | iv. Late childhood |
07. Not an effect of iodine deficiency,
- |                              |                             |
|------------------------------|-----------------------------|
| i. Poor concentration        | ii. Prove to develop goiter |
| iii. Poor school performance | iv. Anemia                  |
08. Food rich in vitamin A,
- |                     |                  |
|---------------------|------------------|
| i. Sea fish         | ii. Carrot       |
| iii. Sea vegetables | iv. Iodized salt |
09. Harmful effect of Ca deficiency,
- |                          |                             |
|--------------------------|-----------------------------|
| i. Causes osteoporosis   | ii. Prove to develop goiter |
| iii. Bito patches in eye | iv. Anemia                  |
10. The most amount to energy product by,
- |                        |                          |
|------------------------|--------------------------|
| i. 1g of carbohydrates | ii. 1g of proteins       |
| iii. 1g of lipids      | iv. 1g of micronutrients |

## **Part – II**

**Answer only 03 questions.**

01.
  - i. What are the main stages of childhood?
  - ii. Name 03 activities that you can do within the school to develop the personality of a child during the late childhood stage.
  - iii. Write down 02 physical needs which are important in early childhood and late childhood.
  - iv. Write down 02 psycho-social needs for the neonatal stage.
02.
  - i. Write down 03 points to know before becoming a mother.
  - ii. Write down 03 points to know by pregnant mother.
  - iii. Write 03 lifestyle which help to maintain total health.
  - iv. Need 05 meals a day in which stage.
03.
  - i. Name 03 factors which affects a person's health.
  - ii. Name 03 challenges which affect the present health status.
  - iii. Write down 03 measures that can be taken to prevent the use of drugs, alcohol and smoking.
  - iv. Write down 02 actions to be taken to overcome challenges faced in achieving total health.
04.
  - i. Name 02 common micronutrient deficiencies that can be seen in Sri Lanka.
  - ii. Write 03 unfavourable effects of under nutrient.
  - iii. Write 03 things you can do at home to consume food softly.
  - iv. Write 03 steps that can be taken to minimize iron deficiency.