

02) Adolescence can be called our second growth spurt . so they need to be careful about foods that contain nutrients. The following is an excerpt from a leaflet presented by a student on the diet of a teenager.

- Reduce the use of salt sugar and oil
- Eat less starchy foods
- Consume Dairy Foods
- Eat more fruits and vegetables
- Avoid alcohol
- Drink boiled pure water

1. Write down two diseases that can be caused by alcohol and smoking

2. Mention three benefits of a nutritious diet

3. Name the nutrients in a nutritious food and list their benefits

03) Answer the questions in the following dialogue.

Amit do you love me ? his heart ask from his own brain. The brain which did not respond at once explored how it's lifestyle and attitudes affect the heart and circulatory system.

- I exercise for about 45 minutes daily in the morning or evening
- I smoke regularly but do not drink alcohol
- I get three good meals with all the nutrients
- I often add prawns, squid and oily foods to my diet
- I have a weight that relevant my height
- When I am at lesurely, I engage in religious activities

1. Write down two actions that Amit takes to maintain their circulatory system

2. What are the vessels that carry clean and impure blood to the heart in the circulatory system ?

3. Write down two things you can do to protect the wonder of the circulatory system

4. Mention Four Points you can do to move in forward of circulatory system

04) Explain how you face the following challenges

1. Parent's urge you not to participate in all Island competitions saying that you who won the 100m event in the provincial competition will be hindered your Education. mention your decision.

2. Sarala who is well-versed in computers is asking for your help in telling you whether to print counterfeit notes due to financial difficulties

3. Show how you deal with the student who came to the commerce section for A/L education to find out from his comments that covid-19 is Showing contagious symptoms

4. The public health inspector is going to take legal action against your father after it is confirmed that you have dengue pathogens in your backyard.

5. Your best friend invites you to use Facebook and watch indecent videos over the internet on your cell phone.

05) Winnie and deal are two talented players . Winnie is good at athletics and deal is good athletics as well as Sports like badminton and volleyball . the report from biopsy test of a muscle tissue sample of these athletes included the following.

- Deals first fast twitch fibre percentage is higher than winnies. Winnie has the highest percentage of slow twitch fibre

Use this information to answer the following questions .

1. Name two organised games that are not mentioned here where he can trained in winnie's skills.
2. Write separately the two athletic events that you suggest would be best for Winnie and deal.
3. The energy released by the ATP in cells is used for muscle contraction. Show the equation of this process.
4. In addition to the above mentioned features of these two muscles write two other features each.

06) As many problems arise in the present times to lead a healthy life it is important for all of us to pay attention to the community’s habit of consuming food while preserving its nutritional value .

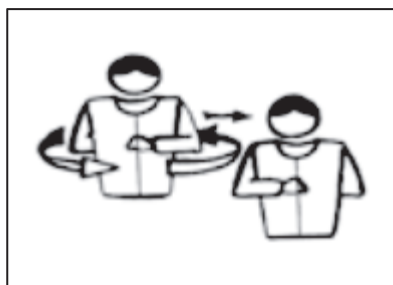
1. Point out 2 needs that require special attention to the health of the food
2. Adding yoghurt when cooking yellow rice in hence the nutritional value. Point out two other ways in which such nutritional value can be increased
3. Mention two nutritional deficiencies found in Sri Lanka .
4. Draw a food pyramid and name it correctly.

07) This question consists of three parts A B and C. Answer only one of the selected sections.

A.

- Volleyball is an organised game under a variety of skills and standard rules . volleyball features a variety of activities that are fun and popular with spectators.

1. Write down four other skills that need to be master in volleyball besides spike
2. If you have been assigned to train team to spike, explain the two activities used with illustrations.
3. Indicate the circumstances and under which the following judge will give a hand signal



A



B

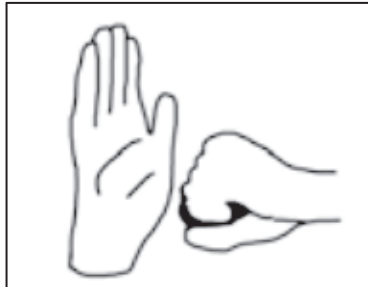
If you are the chief referee of a volleyball match write your decision for the following occasions.

- a) Two players in the Gagana house not in the right place at that time of the service of the Gagana house during the competition between the Gagana and Sayura house.
- b) Libero player from the Sayura house lifts the ball with underarm setting and spike it from the back zone when the ball is about the top of the net.

B.

- Netball once a popular game among women is now popular among men. Netball and organised game can be played outdoor and indoor in a standard playground with a variety of exciting techniques.

1. Write four skills that need to be master in addition to attacking netball.
2. Describe two activities suitable for training in attacking netball with illustrations .
3. Indicate the circumstances under which the following judge will give a hand signal



A



B

4. If you are a referee of a netball match write your decision for the following occasions.
 - a) Two players from both teams go to the off side at the same time during a match between the central and Southern netball teams and one player catches the ball
 - b) GA of the southern province team shakes the goal post with the intention of obstructing with the GS of the central province team as the GS ball is about to be shot

C.

- Football is one of the most popular watched live and televised tournament in the world. 90 minutes is a strenuous game that involves a variety of fitness techniques.

1. Name four other skills in football besides head in the ball on .
2. Illustrate two activities that a suitable for training two heading the ball
3. Indicate the circumstances under which the following judge will give a hand signal



A



B

4. If you are a main referee of a football match write your decision for the following occasions.
 - a) Staying in an offside for a player
 - b) Kicking an opponent in an area other than the penalty area of the ground
