

Week School – Grade 07  
Health and Physical Education  
Second Term- fifth week  
Topic 8 Let us develop healthy eating habits

**Match A with B**

A		B
1.Cereals and yams are rich in	<input style="border: 1px solid orange;" type="checkbox"/>	Protein
2.Contribute to growth and repair	<input style="border: 1px solid green;" type="checkbox"/>	Vitamin
3.A micro nutrient is	<input style="border: 1px solid green;" type="checkbox"/>	Iodine
4.Energy is measured in	<input style="border: 1px solid green;" type="checkbox"/>	Carbohydrate
5.Prevent goiter	<input style="border: 1px solid green;" type="checkbox"/>	Calories

**Fill in the blanks with the suitable words given below**

- 1.It is .....to consume home made foods than the snack food.
- 2.The biggest portion of the food plant of a Sri Lanka is normally.....
- 3.Carbohydrate contain more energy the .....
- 4.....helps in the clotting of blood.
- 5.One gram of protein gives .....calories.

( Carbohydrate, Vitamin k, Four, Advisable, Fat)

**Answer all the questions.**

- 1.What are the two main nutrients of the food?
- 2.Give three examples for macro nutrients.
- 3.Give two examples for micro nutrients.
- 4.What are the functions performed by Carbohydrates in the body?
- 5.Write the uses of following nutrients for our body.
  - a) Vitamin E -
  - b) Vitamin A -
  - c) Lipids -
  - d) Protein -
  - e) Vitamin D -