

**Week School – Grade 07**  
**Health and Physical Education**  
**Second Term- sixth week**

**Topic 8 Let us develop healthy eating habits**

**Read the following statements and mark(✓ )if correct and mark ( ✕ )if incorrect**

- 1.Iron help for the growth of bones and teeth ( )
- 2.Water helps to remove waste products from the body ( )
- 3.Phosphorus help to strength of bones and teeth ( )
- 4.PH value in water 5.6-7 is suitable for drinking ( )
- 5.Pulses lentils and leaves are food rich in non heam iron ( )
- 6.A mango drink has more fiber than a mango piece ( )
- 7.An ordinary person requires 1.5-2 liters of water every day ( )
- 8.Zinc helps to production of haemoglobin in the blood ( )
- 9.The body gets only in the form of pure drinking water ( )
- 10.Phosphorus helps to strength of bones and teeth ( )

**Answer the following questions**

- 1.List the food sources that are rich in fibre.
- 2.State the benefits of including fibrous food in our diet.
- 3.Name food sources that rich in zinc.
- 4.Name food sources rich in heam iron.
- 5.What is the main function of iodine in the body?
- 6.Write the importance of drinking pure water in required amounts.
- 7.Mention the ways that body loses water.
- 8.Name the diseases you get due to drinking impure water.
- 9.How do you find the required amount of water you should drink per day?
- 10.Write some ways that you can practice to drink more water.