

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

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

**Under line the most suitable answer**

1. What kind of food that should be taken 2-4 serving each day according to the food pyramid?

- I. Vegetable
- II. Fruits
- III. Grains with fat
- IV. Milk and milk products

2. A food group which is not included in a healthy food plate

- I. Oil, Sugar, Fruits
- II. Vegetables
- III. Grains and yams
- IV. Meat, Fish, Eggs, Cereals, Greens

3. Select the most common method used by our ancestors to preserve food

- I. Drying
- II. Canning
- III. Freezing
- IV. Packing

4. Select the important food habit which prevents the gastric problems

- I. Avoid taking dinner
- II. Be vegetarians
- III. Taking meals to the correct time
- IV. Consuming more and more cheese and meat

5. The proportion of vegetables and fruits in a food plate is

- I.  $\frac{1}{2}$
- II.  $\frac{1}{4}$
- III.  $\frac{2}{4}$
- IV.  $\frac{1}{3}$

6. The diseases that occur commonly in Sri Lanka due to unhealthy diets are

- I. Dengue, gastritis, fever
- II. Diabete, high blood pressure
- III. Goitre, chicken pox, cough
- IV. Cough, fever, polio

7. One of traditional condiments used to kill cancer cells in the body

- I. Tamarind
- II. Fenugreek
- III. Cinnamon
- IV. Garlic

8. Not a traditional food produced in our country with high nutritional value

- I. Thick porridge
- II. Mixed
- III. Seven vegetable curry
- IV. Fried rice

9. Important factor that you have to keep in mind when planning your meal

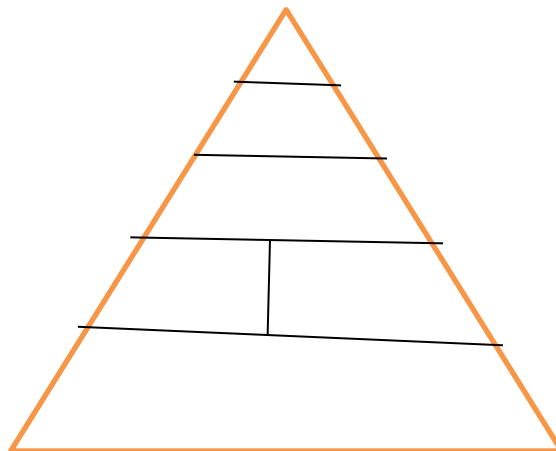
- I. Variety in food items
- II. Using different methods of cooking
- III. Colour, odour and taste
- IV. All the above

10. In the food pyramid, oil represents the

- I. Bottom of the pyramid
- II. Top of the pyramid
- III. Middle of the pyramid
- IV. Second step of the pyramid

### Answer all questions

1. Complete the following food pyramid using your knowledge



2. What are the things you have to keep in mind when planning your meals?

- 3.What do you consider when buying food from markets?
- 4.State the unhealthy food you should avoid to lead a healthy life.
- 5.Give examples for natural condiments that we use from ancient time.
- 6.What are the uses of adding comments to our food?
- 7.Name some healthy snacks you can eat to keep your wellbeing.
- 8.Write the instances where packeted and tinned food should not be used.
- 9.Give methods of food preservation.
- 10.Write the one s contribution towards nutrition food.