



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 45 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

10. Let us be aware and face challenges.

❖ Answer the questions based on the lessons.

- 01. Mention some of the challenges we face on day to day life.
- 02. Write down four causes of non-communicable diseases.
- 03. Write down three good habits you need to develop to protect yourself from diseases.
- 04. Complete the table below.

Accidents at home	Accidents at school	Accidents on the road

05. Write down four things you need to consider to protect your-self from abuse and awareness.

❖ Fill in the blanks.

(Personal hygiene, Dengue, Malaria, Immunization, BCG, Non-communicable diseases)

- 06. Eating high in salt, sugar and fatty food can lead to
- 07. Diseases transmitted by mosquitoes are and
- 08. is a natural making block of the body to prevent disease.
- 09. vaccine is given to prevent tuberculosis.
- 10. Personal cleanliness means