



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 20 week

Grade - 6

Mawanella Education Zone
Mrs. Thilini Deshapriya

7. Let us get used to correct food habits to lead a healthy life.

❖ Answer the following questions.

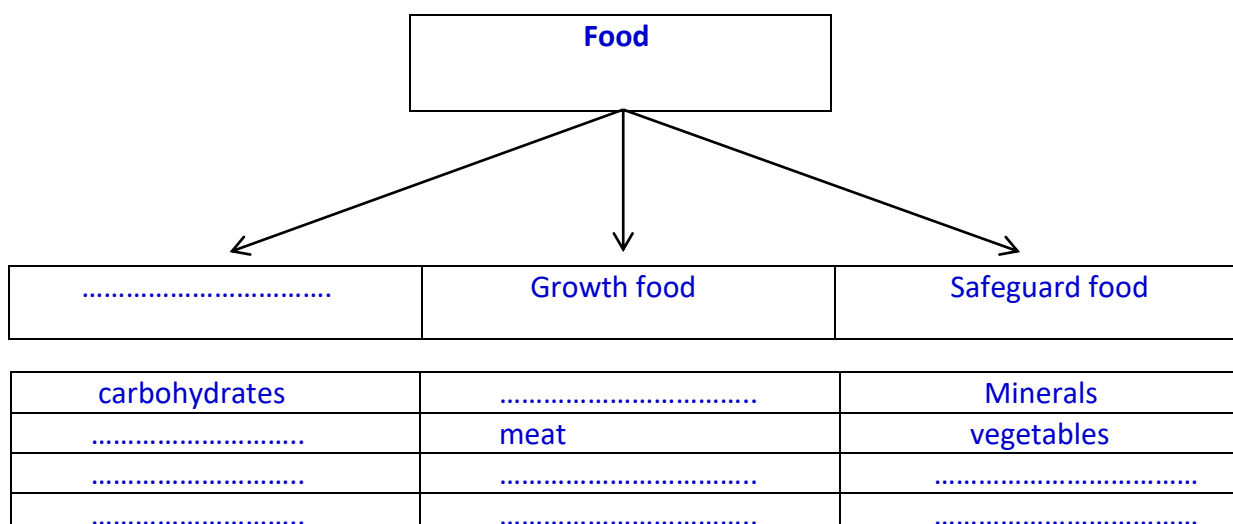
1. What are the nutrients in a healthy diet?

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2. Classify the above mentioned nutrients as macronutrients and micronutrients.

macronutrients	micronutrients
Ex:- Carbohydrates	

3. Complete the note below.



4. Write down three things we need to consider when eating a healthy diet?

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5. Write down three things to consider when choosing food.

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