त्रित क्षा				
िकिस 🔶	Sabaragamuwa Provincia	l Department of Eucation	- Weekly School	hool Department of ation,Sabaragamuwa ince/ Weekly School
Subject - Hea	alth & Physical Education	Education,SabaragamuwaProvince/Wee Province/WeeklySchool Department of	kly School 2021 - 23 v	
Education Sabaragann Provin Depar Educa	wa Province/ Weekly School Department of E epartment of Education, Sabaragamuwa P	Province/WeeklySchoolDepartmer choolDepartment of Education,S	Mawanella Educat Mrs. Thilini Desh	1

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

If the given statements are true, put a ( V ) mark. If they wrong put ( X )	m	ark.	
01. Nutritious food is important for the survival of animal	(	)	
02. Carbohydrates, proteins and lipids are macronutrients	(	)	
03. One meal a day is enough to get the nutrients you need	(	)	
04. Obesity is caused by micronutrient deficiency	(	)	
05. Being wasting means not having the right weight for the height	(	)	
06. Malnutrition impairs personality development	(	)	

