



Provincial Department of Education – Sabaragamuwa- Week School

Week: 11th Week – 3rd – 9th Jan, 2021

Subject- Civics

Grade 10

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1. Let us build a healthy society.

❖ Answer all the questions given below.

1. Explain total health briefly.
2. State five factors which affect total health.
3. State five suitable life styles to maintain total health.
4. State BMI formula.
5. Name four main nutritional status of the individual according to value ranges of BMI Chart.
6. State three good eating habits which help to maintain total health.
7. Briefly explain the importance of having adequate rest and sleep to maintain total health.
8. Briefly explain how active lifestyle help to maintain total health.
9. How do alcohol, drugs and smoking affect to total health?
10. Briefly explain how obeying laws help to maintain total health?
11. State 5 challenges to maintain total health.
12. How economy and the level of education becomes a challenge to total health. Give examples and explain briefly.