



Provincial Department of Education – Sabaragamuwa – Week School

Week: 9th - 15th May, 2021

Subject: Health and Physical Education

Grade -10

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Let us have nutritious food for healthy living

Answer for all questions.

1. Name 3 micronutrients required for us.
2. Write 3 causes of iron deficiency.
3. Write 3 harmful effects of iron deficiency.
4. Write 3 actions that can be taken to overcome iron deficiency.
5. Write 3 preventive actions taken by the government to reduce iron deficiency.
6. Give 5 examples for food rich in vitamin A.
7. Write 3 harmful effects of vitamin A deficiency.
8. Write 3 favorable suggestions to overcome vitamin A deficiency.
9. Write 3 harmful effects of iodine deficiency.
10. Write 3 causes of iodine deficiency.
11. Name 3 examples for food rich in iodine.
12. Write 2 causes of calcium deficiency.
13. Write 3 examples for food rich in calcium.