



Provincial Department of Education – Sabaragamuwa – Week School

Week: 35

Subject: Health and Physical Education

Grade -10

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Abeygunawardhana.

7. Let us have nutritious food for healthy living.

➤ Answer all the questions given below.

1. What are the main nutrients which we need?
2. What are the macro nutrients?
3. What are the micro nutrients?
4. Why we need foods? State three reasons.
5. What is malnutrition?
6. What are the conditions which we can see in persons who are suffering from malnutrition?
7. What is over nutrition? Define it briefly.
8. It is easy to recognize people who suffer from Over nutrition and there are two ways to recognize such people. Write them.
9. State harmful effects of over nutrition.
10. State three bad habits which leads to over nutrition.