

Kovid 19- Weekly School - Sabaragamuwa Health and Physical Education

Grade 09

Let's win the challenges.

week of October 04

There are many challenges that hinder well-being in society. Early detection of such challenges and the steps they can take will enable them to cope successfully.

1. What are the major social challenges?
2. What are the main types of food that can be divided into two parts?
3. What is a natural food?
4. Write examples for natural foods.
5. What are the things to consider when choosing natural foods?
6. What are non-natural foods?
7. There are three types of non-natural foods. Briefly describe them and write examples.
8. Write down the five negative effects of eating natural foods.