



PROVINCIAL DEPARTMENT OF EDUCATION – WEEKLY SCHOOL

SUBJECT :- HEALTH AND PHYSICAL EDUCATION

WEEK :- 3RD WEEK

GRADE :- 8

**CREATED BY : – ZONAL EDUCATION OFFICE,
EMBILIPITIYA**

- Read 132 to 138 pages of your text book and answer the following questions.
1. Mention the main functions of food and name the main food items that are important for above mentioned functions.
 2. Mention the nutrients contain in food and write three food items which contain each nutrient.
 3. What are the points to be considered when a meal is planned for a family?
 4. Mention the facts to be considered when serving food to others. As serving food in an attractive manner is so important please try to serve your food attractively with the help of your family members.