



## Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 21 week

Grade - 6

Mawanella Education Zone  
Mrs. Thilini Deshapriya

### 07. Let us get used to correct food habits to lead a healthy life.

❖ If the given statements are true, put a ( ✓ ) mark. If they wrong put ( X ) mark.

1. Hathmaluwa and Green gram milk rice is high in nutritional value ( )
2. Lime juice is used to easily absorb the iron in the leaves ( )
3. Malnutrition is caused when the body does not get the amount of nutrients it needs ( )
4. Over nutrition occurs when the body receives more than the required amount of nutrients ( )
5. It is available to use chemical pesticides when growing food items ( )

6. Write down each of the possible adverse effects of not getting the following nutrients.

- Iron deficiency .....
- Iodine deficiency .....
- Vitamin A deficiency .....
- Calcium deficiency .....

7. Write down four possible causes of malnutrition.

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8. Write down some actions you can take to prevent obesity.

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9. Write down some healthy snacks.

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10. Write down three non-communicable diseases that can be caused by malnutrition.

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