



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 22 week

Grade - 6

Mawanella Education Zone  
Mrs. Thilini Deshapriya

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

❖ Answer the following questions.

01. Name five foods that give your body the energy it needs.
02. What are the benefits of vitamins and minerals to the body?
03. Write down the macronutrients and the micronutrients separately.
04. Write down five things to consider when eating a healthy diet.
05. What are the factors that determine the amount of activity in eating?
06. What are the nutrients required for the growth of the body?

