



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 23 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.

01. Nutritious food is important for the survival of animal ()
02. Carbohydrates, proteins and lipids are macronutrients ()
03. One meal a day is enough to get the nutrients you need ()
04. Obesity is caused by micronutrient deficiency ()
05. Being wasting means not having the right weight for the height ()
06. Malnutrition impairs personality development ()

