

Sabaragamuwa Provincial Department of Eucation - Weekly School

hool Department of ation,Sabaragamuwa ince/Weekly School

Subject - Health & Physical Education

cal Education

Education, Sabaragamuwa Province/ Weekly School
Province/ Weekly School Department of Education, School Departm

2021 - 23 week ragamuwa

Education, Sabaragamuwa Province/ Weekly School Department of Education, Sabaragamuwa Province/
Provin
Department of Education, Sabaragamuwa Province/ Weekly School Department of Educati

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 (v) mark. If they wrong put (x) r	na	rĸ
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	()

