



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 24 week

Grade - 6

Mawanella Education Zone
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07. Let us get used to correct food habits to lead a healthy life.

❖ Underline the correct answer.

01. It is a disease caused by overnutrition.

- i. Diarrhea
- ii. Diabetes
- iii. Cholera
- iv. Covid 19

02. The nutritional value is the minimum food.

- i. Milk rice
- ii. Hatmaluwa
- iii. Sausages
- iv. Mix green leaves

03. Not a healthy snack.

- i. Samosa
- ii. Sauce porridge
- iii. Gingelly balls
- iv. Fresh fruit drink

04. A food that give us carbohydrates.

- i. Milk
- ii. Eggs
- iii. Rice
- iv. Meat

05. This is not something to be concerned about when eating healthy diet.

- i. Nutrition
- ii. Fresh
- iii. high price
- iv. cleanliness

06. What is the name given to the nutritional problem that occurs when the body needs more or less of the required amount of nutrients.

- i. Undernutrition
- ii. Malnutrition
- iii. Overnutrition
- iv. Wasting

07. It is not a communicable disease.

- i. Diarrhea
- ii. High blood pressure
- iii. Measles
- iv. Common cold

08. A condition caused by vitamin A deficiency.

- i. Goiters
- ii. Anemia
- iii. Night blindness
- iv. Weakness of the bones