



## Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 45 week

Grade - 6

Mawanelle Education Zone  
Mrs. Thilini Deshapriya

### 10. Let us be aware and face challenges.

❖ Answer the questions based on the lessons.

01. Mention some of the challenges we face on day to day life.
02. Write down four causes of non-communicable diseases.
03. Write down three good habits you need to develop to protect yourself from diseases.
04. Complete the table below.

Accidents at home	Accidents at school	Accidents on the road

05. Write down four things you need to consider to protect your-self from abuse and awareness.

❖ Fill in the blanks.

( Personal hygiene, Dengue, Malaria, Immunization, BCG, Non-communicable diseases )

06. Eating high in salt, sugar and fatty food can lead to .....
07. Diseases transmitted by mosquitoes are ..... and .....
08. .... is a natural making block of the body to prevent disease.
09. .... vaccine is given to prevent tuberculosis.
10. Personal cleanliness means .....