



Sabaragamuwa provincial Department of Education – Sati pasala

Health and Physical Education

7 week

Grade - 6

Mawanella Zone

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10. let us be aware and face challenges.

❖ Answer all the questions.

1. What are the challenges that we have to face in our day – to – day life
2. Write down four common reasons of non- communicable diseases.
3. Write down three good habits to follow to protect yourself disease.

4. Complete the below.

Accidents that could happen at home	Accidents that could happen at school	Accidents that could happen on the road

5. Write four things that can be done to be safe from abuse.

❖ Fill in the blanks.

(personal hygiene, Dengue, Malaria, immunity, BCG, non-communicable diseases)

6. are caused by consuming foods high in salt, sugar and fat.
7. and are mosquito borne disease.
8. Is the body's natural way to prevent disease?
9. Vaccine is given to prevent tuberculosis'.
10. Maintaining personal cleanliness is