



PROVINCIAL DEPARTMENT OF EDUCATION – WEEKLY SCHOOL

SUBJECT :- HEALTH AND PHYSICAL EDUCATION

WEEK :- 4th WEEK

GRADE :- 8

**CREATED BY : – ZONAL EDUCATION OFFICE,
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Study the 14th lesson of your text book. (pages139-143)

1. Try your level best to cultivate your food items in your home garden and mention the benefits you can gain through home gardening.
2. If there is a food excess that should be preserved for future use. State few food items that we can prepare from excess food.
3. Eg; jam
4. Mention the way of preserving one food item with the help of one of your adults.
5. What are the bad effects of consuming junk and fast food?

Grade 8

English

Competency Level 7.1

1. Read the following description on a very familiar city to you.

This beautiful city is situated in the Sabaragamuwa Province and it is considered as the Capital of the province. It is world famous for its precious gems. Therefore it is called as the City of Gems or Ruwanpura. The Famous Saman Devalaya is located in the heart of the city and beautiful waterfalls such as Bopath Falls, Marakkala Falls and Kirindi Falls are located in this paradise.

2. Study the picture given in page 92 of your text book.
3. Rearrange the given words to form meaningful sentences.
4. Write the rearranged sentences in your writing book.
5. Read the written sentences for three times.
6. Now try to write a small description on Galle by finding information and using the following information.

Province- Southern

Significant land marks- Galle Fort, Galle Harbor

Natural tourist destinations- Roomassala, Coral Reefs, Madol Doova, Unawatuna Beach