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தரம் 10 - முதலாந் தவணைப் பரீட்சை (Kjyhk; jtiz) - 2022

Grade 10 – Special Evaluation (First Term) - 2022

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Health and Physical Education

meh 01

One Hour

Part - I

- Answer all questions.

01. Expected healthy birth weight of a baby,

i. 1.5 kg – 2.5 kg
ii. 2.5 kg – 3.5 kg
iii. 3.5 kg – 4.5 kg
iv. 4.5kg – 5.5 kg

02. A baby need breast feeding,

i. Only 1st month
ii. Only 2nd month
iii. Only 4th month
iv. Only 6th month

03. According to the Asian measurements B.M.I. value for normal level,

i. < 18.5
ii. 18.2 – 22.9
iii. 23.0 – 26.9
iv. >27.0

04. How to calculate the B.M.I.,

i. $\frac{Weight\ (kg)}{Height\ (m) \times Height\ (m)}$

ii. $\frac{Height\ (m)}{Weight\ (kg) \times Weight\ (kg)}$

iii. $\frac{Weight\ (kg)\ \times\ Weight\ (kg)}{Height\ (m)}$

iv. $\frac{Height\ (m) \times Height\ (m)}{Weight\ (kg)}$

05. Which type of food item leads to non-communicable diseases,

i. Grains ii. Vegetables iii. Pork iv. Fruits

06. Need 5 meals a day in,

i. Neonatal stage
ii. Infant stage
iii. Early childhood
iv. Late childhood

07. Not an effect of iodine deficiency,

i. Poor concentration
ii. Prove to develop goiter
iii. Poor school performance
iv. Anemia

08. Food rich in vitamin A,

i. Sea fish
ii. Carrot
iii. Sea vegetables
iv. Iodized salt

09. Harmful effect of Ca deficiency,

i. Censes osteoporosis
ii. Prove to develop goiter
iii. Bito patches in eye
iv. Anemia

10. The most amount to energy product by,

i. 1g of carbohydrates
ii. 1g of proteins
iii. 1g of lipids
iv. 1g of micronutrients

Part – II

Answer only 03 questions.

01. i. What are the main stages of childhood?
    ii. Name 03 activities that you can do within the school to develop the personality of a child during the late childhood stage.
    iii. Write down 02 physical needs which are important in early childhood and late childhood.
    iv. Write down 02 psycho-social needs for the neonatal stage.

02. i. Write down 03 points to know before becoming a mother.
    ii. Write down 03 points to know by pregnant mother.
    iii. Write 03 lifestyle which help to maintain total health.
    iv. Need 05 meals a day in which stage.

03. i. Name 03 factors which affects a person's health.
    ii. Name 03 challenges which affect the present health status.
    iii. Write down 03 measures that can be taken to prevent the use of drugs, alcohol and smoking.
    iv. Write down 02 actions to be taken to overcome challenges faced in achieving total health.

04. i. Name 02 common micronutrient deficiencies that can be seen in Sri Lanka.
    ii. Write 03 unfavourable effects of under nutrient.
    iii. Write 03 things you can do at home to consume food softly.
    iv. Write 03 steps that can be taken to minimize iron deficiency.