

Grade 10 **Third Term Test 2023(2024)** **86 E I,II**

Name: **HEALTH SCIENCE I** **Time : 03 Hour**

• **Select the most suitable answer.**

- 01. We can build up by promoting health services. physical , Social , economic environment and the genetic composition.
 i. Favourable Health ii. Total Health iii. Health Promotion iv. Qualitative lifestyle
- 02. We should engage in physical activities to develop physical and mental fitness and to avoid non communicable disease. The time duration to engage in such activities is,
 i. Adults minimum 60 minutes and children 80 minutes.
 ii. Children 15 minutes and adults 30 minutes
 iii. Adults 30 minutes and children 60 minutes.
 iv. Children 30 minutes Adults 15 minutes.
- 03. According to the BMI chart , the range -25D to +1SD, the green colour denotes,
 i. Wasting ii. Optimum weight iii. Over weight iv. Obesity
- 04. Maintaining healthy relationship with everyone is,
 i. Physical well being ii. Mental well being
 iii. Social well being iv. Spiritual well being

• By reading the following stage of childhood , answer the 5-6

Stage	Age limit
Pre natal	Period in mother's womb
Neo natal	The first 4 weeks
Infant
Early Childhood	1 year to 5 years
Late Childhood	6 Years to 10 years

- 05. The age limit suitable for the blank is,
 i. The period in the mother's womb up to one year ii. From 4 weeks to one year
 iii. From birth to one year iv. From 6 years to 10 years
- 06. Among the above stages during which stage that you have to check the weight and height every four months.
 i. Neo natal stage ii. Infont stage iii. Early childhood iv. Late childhood
- 07. The weight of the emburgo about to be born is,
 i. 2kg-2.5kg ii. 1.5kg-2kg iii. 1.5kg-3kg iv. 2.5kg-3.5kg
- 08. The instance where the center of gravity changes is,
 i. Standing with both arms stretched by the sides. ii. Stretching the arms to the right.
 iii. bending the body forward. iv. All above

09. According to the diagram , the factor that denotes the balance is ,



- i. Wider supporting base
- ii. Centre of gravity at a lower level
- iii. Bending the body towards an external force.
- iv. Movement of the body in the opposite direction.

10. An out door activity that promote. active life style , enjoyment and to avoid monotony . It is not an outdoor activity

- i. Camping
- ii. Inter house sports meet
- iii. Walks
- iv. Campfire

11. The action should not be clone during a snake / animal bites,

- i. Sucking out the venom
- ii. Removing the jewelry
- iii. Alley the patients fear
- iv. Giving Paracetamol

12. The condition excessive weight for the height is,

- i. Stunning
- ii. Wasting
- iii. Over weight
- iv. Obesity

By Following the factors below, Answer the questions from 13 to 14.

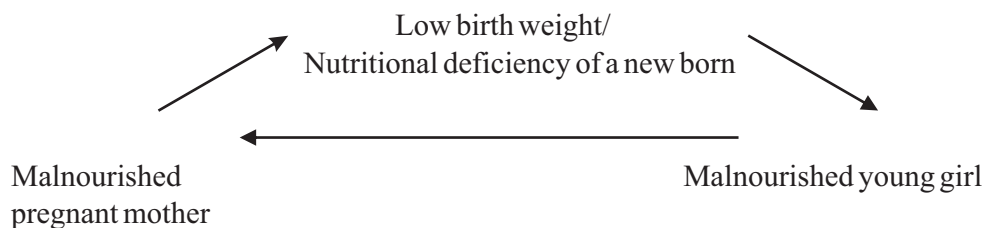
- A - Occurence of Anemia
- B - Problem related to eye sight
- C - Retardation of height
- D - Osteoporosis

13. A person with Iron and Calcium deficiency may face,

- i. A & C
- ii. C & D
- iii. B & C
- iv. A & D

14. To avoid the problems related to B. We should consume,

- i. Iron rich food
- ii. Calcium rich food
- iii. Vitamin A rich food
- iv. Iodine rich food



15. The above chart denotes,

- i. The cycle of Nutritional problems
- ii. How to preventing Nutritional problems
- iii. The vicious cycle of micro nutrient deficiency
- iv. The cycle of micro nutrient deficiency

16. A factor that does not affect the food security ,

- i. Food availability
- ii. Accessibility
- iii. Food adulteration
- iv. Utilization of food

17. To reduce the Iodine deficiency we should avoid goitrogenic foods , such type of food is,

- i. Cabbage
- ii. Pumpkin
- iii. beans
- iv. Spinach

18. • Cool and healthy food bad for the health
 • Expensive food carry more nutritional value.
 • Milk is considered as a complete food.

The above factors are considered as,

- i. mis concepts ii. Security iii. Healthy iv. Availability

19. By reusing the same oil for deep frying results in ,

- i. The production of melamine ii. Producing unfavorable chemicals
 iii. Producing Iron iv. Producing Iodine

20. If a pregnant mother does not get proper nutrition,

A - physical growth will be affected.

B - Mental retardation of the baby.

C - Low birth weight of the baby.

- i. A, B are true where as C is False ii. All A, B and C are correct
 iii. A, C are true where as B is false iv. A, C are false only B is correct

21. Many systems functions in our body. The system that is related to the sensory organs.

- i. Skeletal system ii. Muscular system
 iii. respiratory system iv. Nervous system

22. The organ that is located at the beginning of the large intestine is,

- i. Epiglottis ii. Pancreas iii. Appendix iv. Rectum

23. The disease caused in the lower part of the respiratory system due to bacterial and viral infections,

- i. Inflammation of Larynx ii. Catarrh iii. pneumonia iv. Asthma

24. The menstrual cycle begins with the appearance of the secondary sexual characteristics and menopause starts at the age of,

- i. 45-50 ii. 35-45 iii. 55-60 iv. 40-45

25. The sexually transmitted disease caused by a bacteria named treponema pallidum is,

- i. Gonorrhoea ii. herpes iii. AIDS iv. Syphilis

26. You should have good knowledge in sports both about theoretical and practical factors.

What is the distance for men in international race walking,

- i. 10-15km ii. 20-30km iii. 10-20km iv. 20-50km

27. The events that belong to all the combined events such as Pentathlon. Heptathlon and Decathlon

- i. 100 & 200m ii. Long jump and Javelin iii. discus throw and shot put iv. 800m and 1500m

28. The two signals given in race walking when violating the two rules stepping (not contacting the ground) and bending the knees.

- i. ω, ω ii. $\omega, <$ iii. $\omega, >$ iv. $\omega, <$

According to the following diagrams answer the questions 29-30.

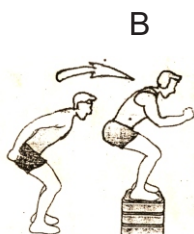
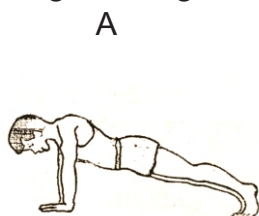


29. An event that cannot be started with the above stages,
 i. 400m hurdles ii. 400m iii. 800m iv. 100x4m
30. The correct statement regarding the above stages is,
 i. Eyes should be focused 20-30m in front of the starting liner.
 ii. At the get set stage the back leg should be bent 45
 iii. After get set stage the back leg should bent 110
 iv. Along with forward stage the trunk is pushed forward and the back foot is quickly moved.
31. Relay races are the most attractive event in the track events. The baton changing method, which is classified in relation to the side of the body of the receiver is,
 i. Visual method ii. Inside change iii. Non visual method iv. All above


Answer the questions 32 & 33 according to the following table.

Player Number	Event
10	Horizontal Jump
15	Putshot
20	High Jump
25	Discus

32. An event related to player number 10 is,
 i. long jump ii. Pole vault iii. 100m hurdles iv. 400m hurdles
33. The player who has used the "perry o-briayan" method is,
 i. No.10 ii. No.20 iii. No15 iv. No 25
34. According to the diagram A,B,C the correct order of the health related physical fitness factors are,



- i. Flexibility - Muscular endurance - Cody composition.
 ii. Muscular endurance - muscular strength - Flexibility.
 iii. Flexibility Muscular strength - muscular endurance
 iv. Muscular endurance - Body composition - Muscular - Strength
35. • Excessive training.
 • Lack proper physical fitness.
 • Lack of prop training
 The accidents caused due to the above factors are called as,
 i. home accidents ii. Road accidents iii. Sports accidents iv. Natural disasters
36. In giving first aid, Basic life supporting method A B C D E is the most essential pert. The letters denaeld by the in order,
 i. Breathing - Airway - Deformity - Circulation - Exposure
 ii. Airway - Circulation - Breathing - Exposure - Deformity
 iii. Breathing - Circulation - Airway - Defamity - Exposure
 iv. Airway - Breathing - Circulation - Deformity - Exposure

37. The modern Olympic Games was introduced by,
 i. Emperor Theodosius ii. King Onomous iii. Hercules iv. Pierre de Coubertion
38. Rules and regulations are essential in sports. This is not a benefit of rules and regulations.
 i. Maintain ethics and regulations. ii. sports are conducted as if to occur accidents.
 iii. To protect the right of the players. iv. To have a fair play
39. The type of kicking in the diagram is,
 i. Kicking with the sports ii. Kicking with the soles
 iii. Inside kicking iv. Instep Kicking
- 
40. Cricket has become a popular game in the world. The country which has won the cricket world cup 2023 is,
 i. India ii. Sri Lanka iii. Australia iv. New Island

Part II

A first question is compulsory. Answer four other questions two from part I and two from Part II

- (01) Prabash and Nimali are grade 10 students of Mukalangamuwa Maha vidyalaya, who are highly concerned about their health. They consume balanced diet and engage in sports activities daily. Prabash participated in provincial Athletic competitions and won a gold medal for under 18, 800 m event. Nimali got the first places for 100m and high jump events. Prabash is a talented volleyball player where as Nimali's hobby is mountaineering. Both of them are head prefects of the school. A significant feature is Prabash was in his school and a first aid training program was conducted.
1. Write two factors related to physical health of Prabash and Nimali. Mentioned in the paragraph
 2. Write the command for the starting method of Prabash's event.
 3. Write two techniques of Nimali's event.
 4. Write two macro nutrients in a healthy diet.
 5. Write two organized games apart from the game mentioned in the paragraph.
 6. Write 02 challenges faced by Nimali as an adolescent in the paragraph.
 7. Write 02 leadership qualities.
 8. Write 02 qualities of first aider.
 9. Write two outdoor activities apart from the activities mentioned in the paragraph.
 10. Write two social qualities developed through sports.

(2x10=20M)

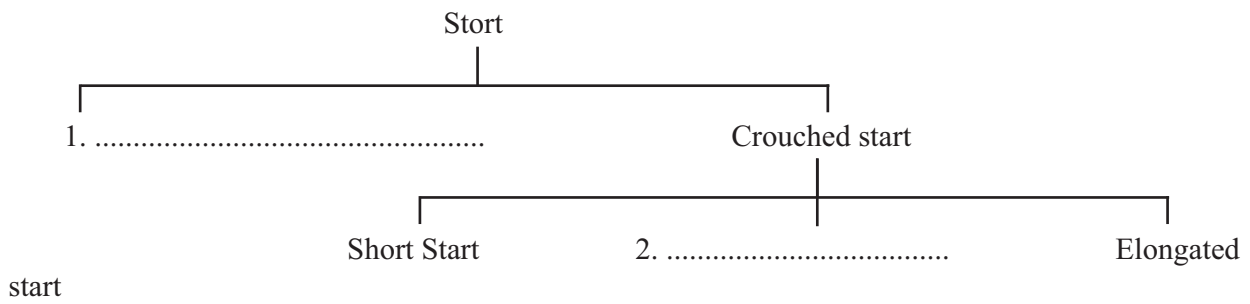
Part I

- (2) Food is an essential factor to lead healthy life. The modern records reveal that national problems worse due to that economic crisis in Sri Lanka.
1. Write two micro nutrient deficiencies.
 2. Write 3 main factors that affect nutritional deficiency.
 3. Write 4 special group of nutritional needs.
 4. Write 3 ways to improve nutrition maintaining a home garden.

- (3) Human body is a fascinating one with a combination of different systems.
 A- A disease caused by the inflation of the stomach walls.
 B- A sexually transmitted disease transmitted from one person to another through unprotected sexual contact.
1. Write the two systems that are related to A and B.
 2. Write 3 other systems in the body.
 3. Write 4 diseases related to different systems in our body.
 4. Write three ways to protect the fascinations of the excretory system. (3M)

- (4) Explain how you face the following challenges.
1. How do you act to eradicate the dengue menace in your area.
 2. While you are engaging in out door activities you face difficulty in vision.
 3. you see a neighbouring girl / boy play alone in an isolated area.
 4. Your friend used to eat junk food regularly.
 5. During the morning assembly one of your friends fainted

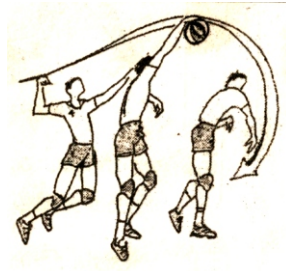
(05) Sirimal who is a very talented athlete from a beautiful village. He become first at the all island athletic competitions yearly in 100m, 200m and long jump events. he has placed a new record in 100m event. The methodical start of each event pove the way to his success. He uses the hitch kick technique which is really used by athletes in long jump.



1. Complete the chart by filling 1 2. (2 mark)
2. Write 3 middle distance events. (3 mark)
3. Write 2 other long jump techniques, apart from the technique given in the text. (2 mark)
4. Explain an activity that could be used to train a fresher athlete on one of the above mentioned techniques. (3 mark)

- (06) One showed develop physical fitness in order to lead a healthy lifestyle, and also should face the day to day challenge effectively.
1. Write two type of body composition. (2 mark)
 2. Write 3 benefits of maintaining proper body composition. (3mark)
 3. Write 4 natural disasters. (1/2 x4 = 2 mark)
 4. Write 3 ways to minimize the damages caused by disasters. (3 mark)

- (07) Select one question from A, B, C and answer.
- Part A
1. How many players can play in a volley team at a time.
 2. Name two umpires in volleyball.
 3. A part from the above technique in the diagram write two other techniques in volleyball.
 4. Write two activities to train the above technique in the dagame.



Part B

1. How many players can play in a netball team at a time.
2. Write two referees on a netball team.
3. A part from the above technique in the diagram, write two other techniques in Netball.
4. Write 2 activities to train the above mentioned technique in the diagram.



Part C

1. How many players can play in a football team at a time.
2. Write two referees in a football team.
3. A part from the above technique in the diagram write two other techniques in football.
4. Explain two activities to train the technique mentioned in the diagram.



Answer sheet

1. 1	6. 4	11. 1	16. 3	21. 4	26. 2	31. 1	36. 4
2. 3	7. 4	12. 4	17. 1	22. 3	27. 2	32. 3	37. 4
3. 2	8. 4	13. 4	18. 1	23. 3	28. 3	33. 3	38. 2
4. 3	9. 4	14. 3	19. 2	24. 1	29. 2	34. 2	39. 2
5. 3	10. 2	15. 3	20. 2	25. 4	30. 1	35. 1	40. 3

Part II

- (1) 1. Having a well balanced diet / sport exercises.
2. Get set / go.
3. Scissor jump / Eastern cutoff / Western cutoff / Stradie / flop.
4. Carbo hydrates / Proton / Fat.
5. Netball / Football / cricket.
6. Restlessness / Economic Problems / Bad habits.
7. Patience / Personality clevelopment / communication ability.
8. Good knowledge on first aid / training on / do not panic / patience.
9. Camping / jungle explanation / Mountaineering.
10. Interpersonal relationship / Work in co-operation / less condlicts.
- (2)- Iron deficiency / Iodine deficiency / calcium doficiency.
- Food safty / Age / Health status / Environment.
- Cultivating food crop / using organic fertiliwers / -- etc.
- Infants / adolescent / pregnant mothers.
- (3) 1. Digestive sysem. 2. Reproductive system.
2. Respiratory system, ...rcutatory system, Nervous system.
3. Cancer . Communicable diseases , Kidny diseases.
4. Give mark for relevant answer.
- (4) Give marks to positive answer.
- (5) 1. Standing start.
2. 800m / 1500m / 3000m.
3. Hong technique / Sail technique.
4. Give marks for answer related to long jump activities.
- (6) 1. Fat components / fat free components.
2. Being healthy / active / less prone to deformities / less prone to diseases.
3. Floods / Tsunami / Lightening.
4. Prior preparation / going to safer regions / being alert on the environmental changes.
- (7) A- 1. 6
2. first refree / 2nd refree / scorer.
3. Swruice / recieve / blocking.
4. Any activity related to spiking.
B- 1. 7
2. Two refrees to control and to manage the game time keeper.
3. Any activity related to shooting.
C- 1. 11
2. Chief refree / side refrees.
3. Kicking ..ribling-heading -etc.
4. Any activity related to stop the ball.





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පහසුවෙන් ජයගන්න

ඕනෑම පොතක් ඉක්මනින්
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| A/L ප්‍රශ්න පත්‍ර | අනුමාන ප්‍රශ්න පත්‍ර | අතිරේක කියවීම් පොත්
| School Book | ගුරු අත්පොත්



පෙර පාසලේ සිට උසස් පෙළ දක්වා සියලුම ප්‍රශ්න පත්‍ර,
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