



JAFFNA HINDU COLLEGE

First Term Exam - 2023

Grade :- 6

Health Science

Time : 1.30 Hours

Name / Index No :

Select the most suitable answer and under line it.

01. The skill present of a person with social well being?

- 1) Good interpersonal relation ship
- 2) Being active
- 3) Meditation
- 4) Mis - behaiour

02. Which of the following affect a person's physical well being?

- 1) Sports
- 2) Clean water
- 3) Drugs
- 4) Healthy food

03. A person should drink water per day is.

- 1) 5 ℓ
- 2) 1.5 ℓ – 2 ℓ
- 3) 2 ℓ
- 4) 2 ℓ – 2.5 ℓ

04. Body mass index is (BMI)

- 1) $\frac{\text{weight}}{\text{height}}$
- 2) $\frac{\text{weight} \times \text{weight}}{\text{height}}$
- 3) $\frac{\text{height}}{\text{weight}}$
- 4) $\frac{\text{weight}}{\text{height} \times \text{height}}$

05. Which of the following factor is not help to build up spiritual well – being.

- 1) Enjoying environment
- 2) Stress and emotions
- 3) Time management
- 4) Engaging in a sport

06. National game of Srilanka is.

- 1) volley ball
- 2) Netball
- 3) Cricket
- 4) football

07. "S" indicate in wash is,

- 1) Water
- 2) Hygine
- 3) Sanitation
- 4) All the above

08. The japan concept is.

- 1) 3R
- 2) 5S
- 3) WHO
- 4) UN

09. A person should take rest and sleep per day is.

- 1) 8 – 10 hours
- 2) 6 – 10 hours
- 3) 7 – 9 hours
- 4) 4 – 5 hours

10. Indices that used to measure the nutritional status.

- 1) Height
- 2) Body mass index
- 3) Waist circumference
- 4) All the above are correct

(10 x 2 = 20 Marks)

If the statements are correct mark (✓) if it is wrong mark (x)

01. The orange colour indicate over weight in BMI rang, table. ()

02. Aids spread by mosquitos ()

03. We can use face mark in polluted environment to prevent lung diseases. ()

04. engage in sports and exercises for at least 30 – 60 minutes per day. ()

05. weight to height ratio should be 2.5 ()

(5 x 2 = 10 Marks)

Match A with B

A
Disease spread by water

B
classification

Over weight

showing kindness

5 S concept

vomiting

Spiritual wellbeing

sad

Not being optimistic

dark purple

(5 x 2 = 10 Marks)

Part II

Answer All Question

(01) 01) what is health

02) write down the concept of wash

03) write down 4 good habits to maintain your hygiene. (3 + 4 + 5 = 12 Marks)

(02) 01) what is emotion

02) write down 3 activities to overcome harmful emotions?

03) write down 4 skills and characters of a person with mental well – being?
(3 + 4 + 5 = 12 Marks)

(03) 01) what do you mean good inter personal relationship.

02) write 3 characters that should have a person with good leadership.

03) give 4 skills of a person with social wellbeing. (3 + 4 + 5 = 12 Marks)

(04) 01) what are the results of spiritual wellbeing?

02) write down 3 good habits that lead to a person with spiritual wellbeing.

03) write down 4 qualities of a person who has spiritual wellbeing?
(3 + 4 + 5 = 12 Marks)

(05) 01. write down the indices that used to measure the nutritional status?

02. List 3 features that determine physical well – being

03. Give 4 benefits of engaging in sports and exercises. (3 + 4 + 5 = 12 Marks)



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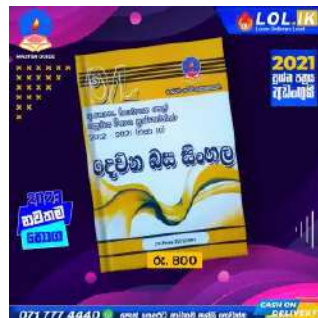
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