

HEALTH & PHYSICAL EDUCATION WORKSHEET

**GRADE
07**

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ZONAL EDUCATION OFFICE ~ KALMUNAI



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01. Write 03 things that we learn from our family?

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02. What are the factors that are influenced with the healthy family environment?

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03. What you mean by "Health promotion"?

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04. Mention 05 features of the physical environment?

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05. Write some ways to get fresh air?

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06. Mention a disease that can be avoided by drinking clean water?

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07. How do you remove some toxic chemicals and germs in the water?

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08. Write 04 ways do you get a good healthy food?

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09. Write 04 sanitary facilities?

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10. How do you clean the environment?

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11. What are the things that can be avoided by cleaning the environment?

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12. Write 02 things that you can gain by sufficient space?

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13. Write 02 effects of unnecessary noise?

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14. Write 02 ways to maintain a tranquil environment at home?

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15. Give 03 reasons for an accident?

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16. Write 03 ways to minimize the accidents?

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17. Write the factors of the mental environment?

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18. Give 03 activities that are maintained by a strong family bond?

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19. Give 03 things that gain by living together with family?

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20. Mention 04 things that can be improved by spending the leisure time productively?

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21. Write 04 ways that we spend our leisure time?

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22. Give 04 groups in society?

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23. Mention 04 features of good social environment?

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24. With whom we can maintain good relationship that will make us happy?

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25. How do we make family ties stronger?

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26. Give 04 features of the spiritual environment?

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27. Write 04 steps that taken to promote family health?

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28. Write 04 policies regarding health.

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29. Describe the 3R concept to manage waste?

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30. Write 03 ways to develop skills and knowledge relevant the good health?

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31. Give 04 contributions that can be taken by you for the community support?

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32. What you mean by the term "Community support"?

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33. Give 04 best uses of the health service?

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34. Write 03 persons to improving the health of the family?

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35. Write 04 things that you can do as a student to maintain a healthy family environment?

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36. Write 04 duties and responsibilities fulfilled by you towards the family?

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36. How do you follow correct food habits?

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37. How do you spend your leisure time constructively?

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38. How to reduce smoking, consuming liquor and narcotic drugs?

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39. How to convey health message to family?

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01. Define the term "Human needs"?

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02. Give 03 basic needs of human?

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03. What you mean by "Love"?

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04. What you mean by "Protection"?

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05. Give 02 peoples who give us love and protection?

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06. Give some members of the "Nuclear family"?

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07. Write down the members of the "Extended Family"?

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08. Define the term "External persons"?

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09. List out of those who help you as External persons?

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10. Who is "peer groups"?

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11. Give 04 duties and responsibilities to be fulfilled by you for the society?

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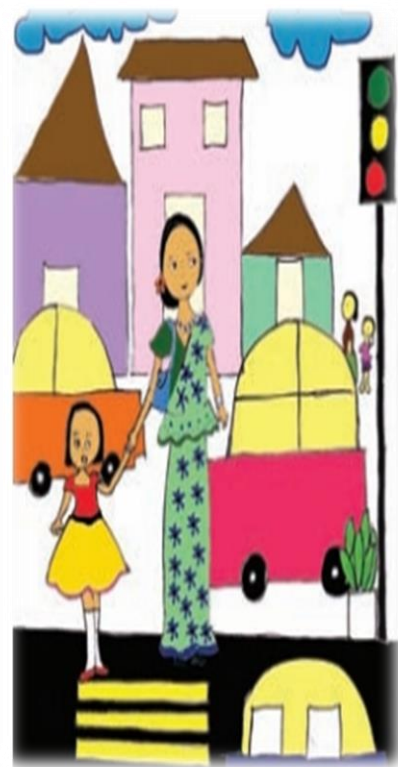
12. Write 04 harmful effects of not receiving love and protection?

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01. Give 04 benefits that gain through participating in games and outdoor activities?

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02. What is represented by the folk games?

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03. Give 04 common features of folk games?

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04. Write the types of folk games?

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05. Give 04 folk games according to the type of participation, equipment required and other factors?

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06. Give 04 outdoor folk games and indoor folk games?

Outdoor folk games with equipment

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Outdoor folk games without equipment

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Lee keliya

Indoor folk games with equipment

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Indoor folk games without equipment

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07. Give 04 folk games that can be seen during the New Year season?

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01. What is the National game of Sri Lanka?

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02. When was Volleyball introduced in Sri Lanka? By Whom?

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03. When was Volleyball introduced in the World? By Whom?

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04. Write the skills of Volleyball?

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05. What is the name of the place which volleyball was started?

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06. Draw the volleyball with measurement.



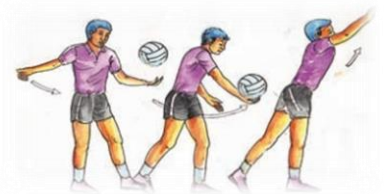
07. What is "Serving"?

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08. What are the 2 ways of serving in volleyball?

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09. What are the techniques of the "under arm service"? Or 03 stages of under arm serving?

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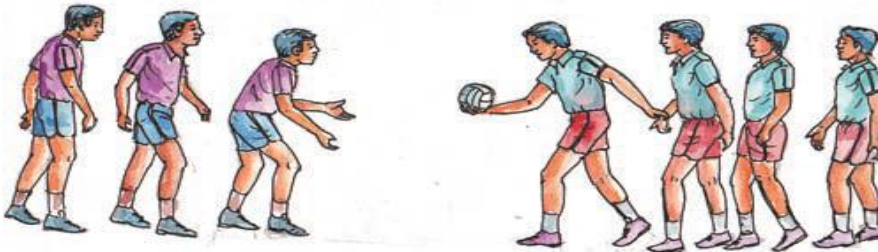
10. Write 02 activities related to under arm service.

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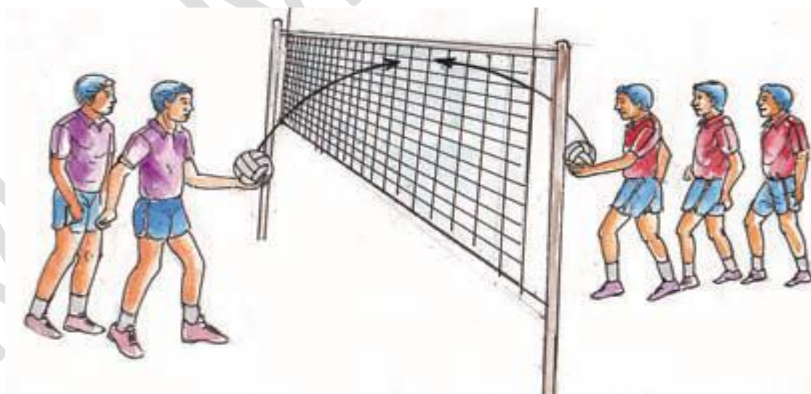
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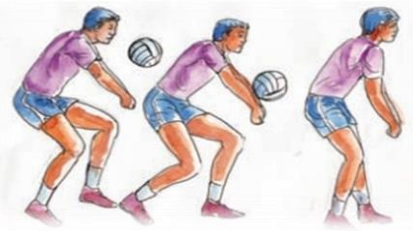
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11. What is "Receiving"?

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12. What are the 02 ways of receiving in volleyball?

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13. What are the techniques of the "under arm receiving"? Or three stages of under arm receiving?

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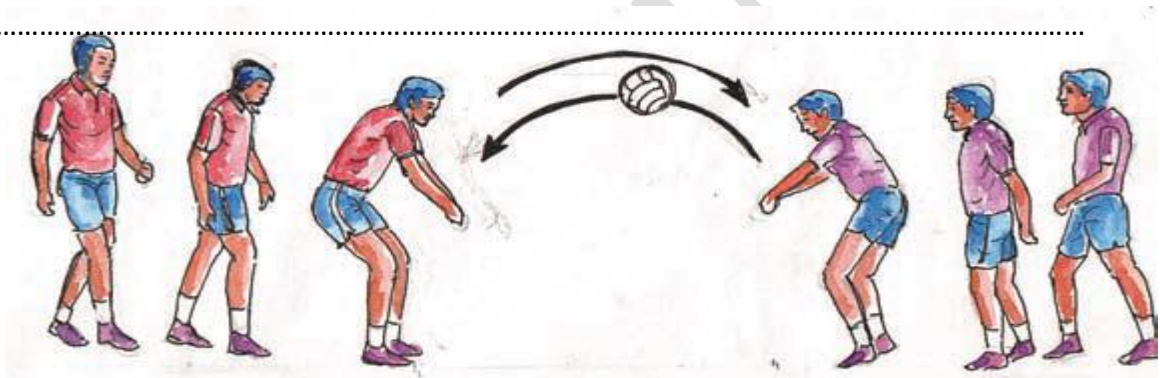
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14. Write 02 activities related to under arm receive.

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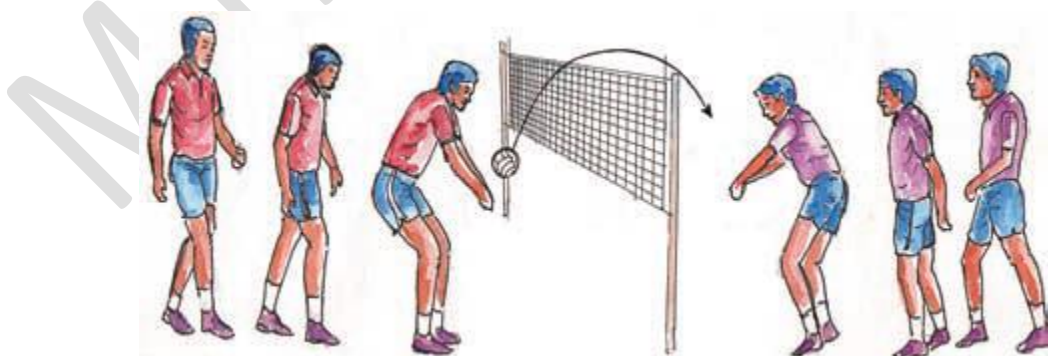
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01. When was netball introduced in Sri Lanka? By Whom?

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02. When was netball introduced in the World? By Whom?

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03. Draw the netball court with measurement.



04. Write the skills of netball?

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05. What is the meaning of "Footwork"?

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06. Give 03 activities to improve footwork?

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07. Write some drills to practice movement in different directions.

Perform the following drills to practise movement in different Directions

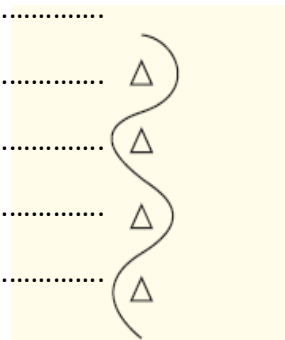
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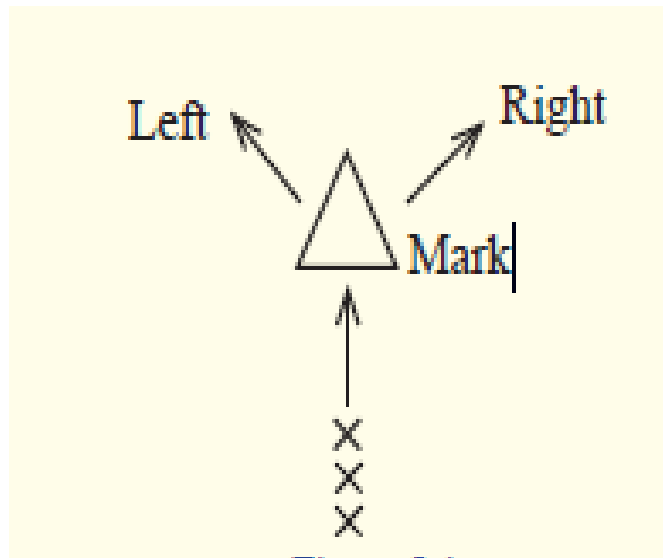
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08. Write some drills to practice landing.



09. Write some drills performed with the ball.

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01. Who improved the football in world?

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02. Who help to popularized in the world?

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03. When was introduced in Sri Lanka?

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04. Write the skills of football?

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Note: Football is the most popular game in the world.



05. Name the 02 methods of kicking in football?

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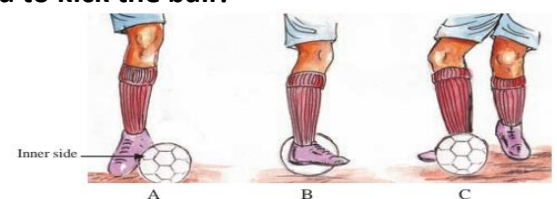
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06. Give 03 instances where the inner side of the foot is used to kick the ball?

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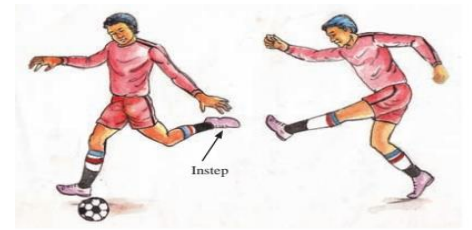


07. Give 03 instances where the instep of the foot is used to kick the ball?

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08. Name 04 parts that used to control the ball?

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09. Name 03 methods to control the ball in football?

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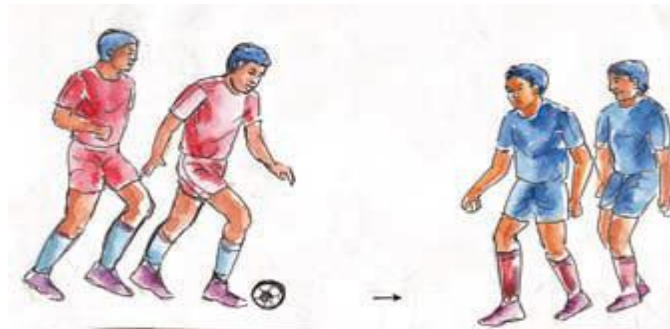
10. Write some activities for practice.

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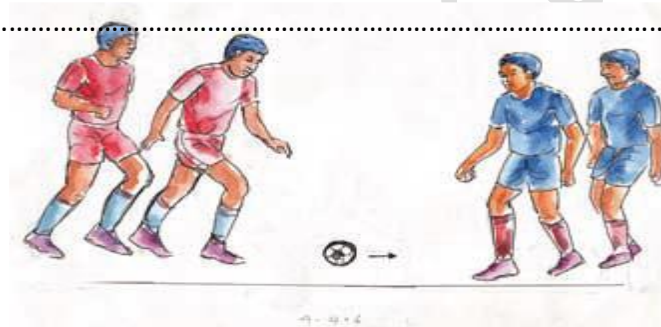


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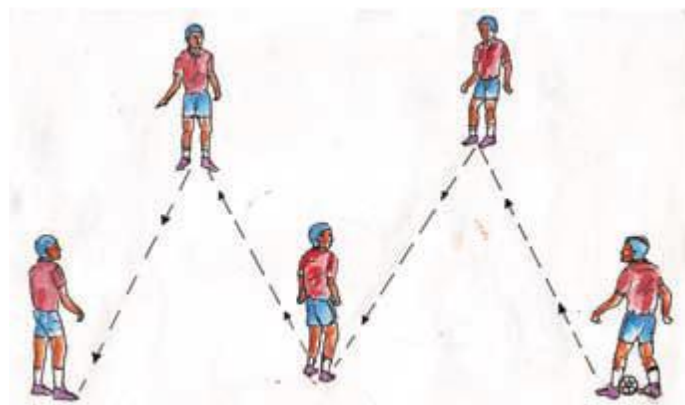


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01. What is known as correct posture?

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02. Write 04 sitting posture according to the situation?

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03. Write 04 various sitting posture?

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1. Sitting on a chair



Figure 7.1

2. Sitting astride



Figure 7.2

3. Crook sitting



Figure 7.3

4. Kneeling



Figure 7.4

5. Sitting on heels



Figure 7.5

6. Sitting cross legged



Figure 7.6

04. Mention 04 correct posture that should be maintained while sitting on a chair?

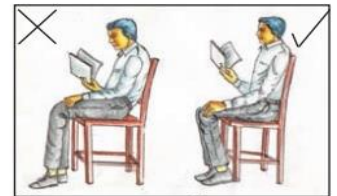
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When reading a book, seated on a chair



Incorrect posture Correct posture
Figure 7.7

05. Write 04 advantages of correct posture?

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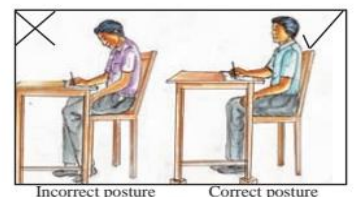
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When playing games such as carom and chess



Incorrect posture Correct posture
Figure 7.8

When using a table and writing seated on a chair



Incorrect posture Correct posture
Figure 7.9

06. Write 04 disadvantages of sitting incorrectly?

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.....

07. Write 04 various method of walking that can practice improve walking posture?

.....

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1. Walking on toes and ball of feet



Figure 7.10

2. Walking on heels



Figure 7.11

08. Write 04 advantages gained from a correct walking?

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3. Walking with short steps



Figure 7.12

4. Walking with long steps



Figure 7.13

09. Write 04 different postures of lying down?

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5. Walking sideways



Figure 7.14

6. Walking backwards



Figure 7.15

10. Write 04 advantages of lying correctly?

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8. Walking straight keeping the feet on either side of a line.

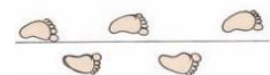


Figure 7.17

9. Walking on a straight line



Figure 7.18

10. Walking with equal strides



11. Write 04 causes of wrong posture?

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1. Lying face up



2. Lying face down



Figure 7.21

3. Lying sideways



Figure 7.22

4. Crook lying



01. Classify the running events according to distance and give some example.

02. What is the main different between walking and running?

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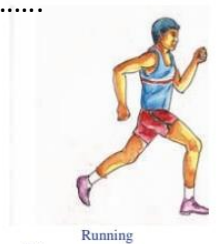
03. Write 04 exercises to improve running?

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04. Write down the main parts of jumping with example.



05. Write the main stages of jumping?

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06. Mention 04 exercises to improve jumping techniques?

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07. Write 03 throwing events?

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Throwing discus



Throwing Shot put



Throwing Javelin

01. Write 03 uses of healthy diet.

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02. Write the main parts of nutrients with example.

.....

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03. How we can measure the amount of energy?

.....

04. Explain the importance of macro nutrients and micro nutrients through the chart.

Macronutrients

Nutrient	Food sources	Functions



Micronutrients

Vitamins

Vitamins	Food sources	Functions

Minerals

Nutrients	Food sources	Functions



05. What you mean by fibre food?

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07. Write 04 benefits we get by including fibre rich in our diet?

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08. What is known as pure water?

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09. Why is water being necessary for us?

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10. Write 04 diseases that can cause using unclean water?

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11. What is known as water balance?

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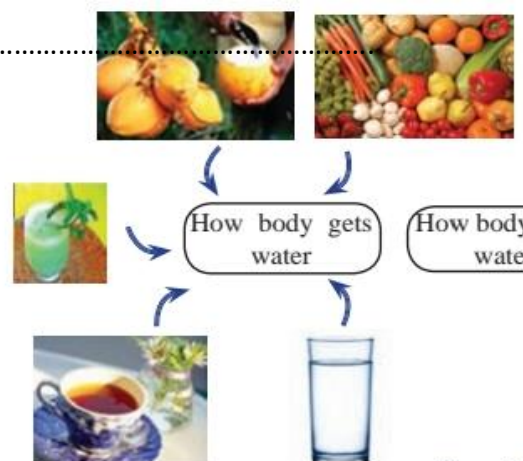
12. Write 04 ways how body loses water?

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13. Write 03 ways by which we can drink more water?

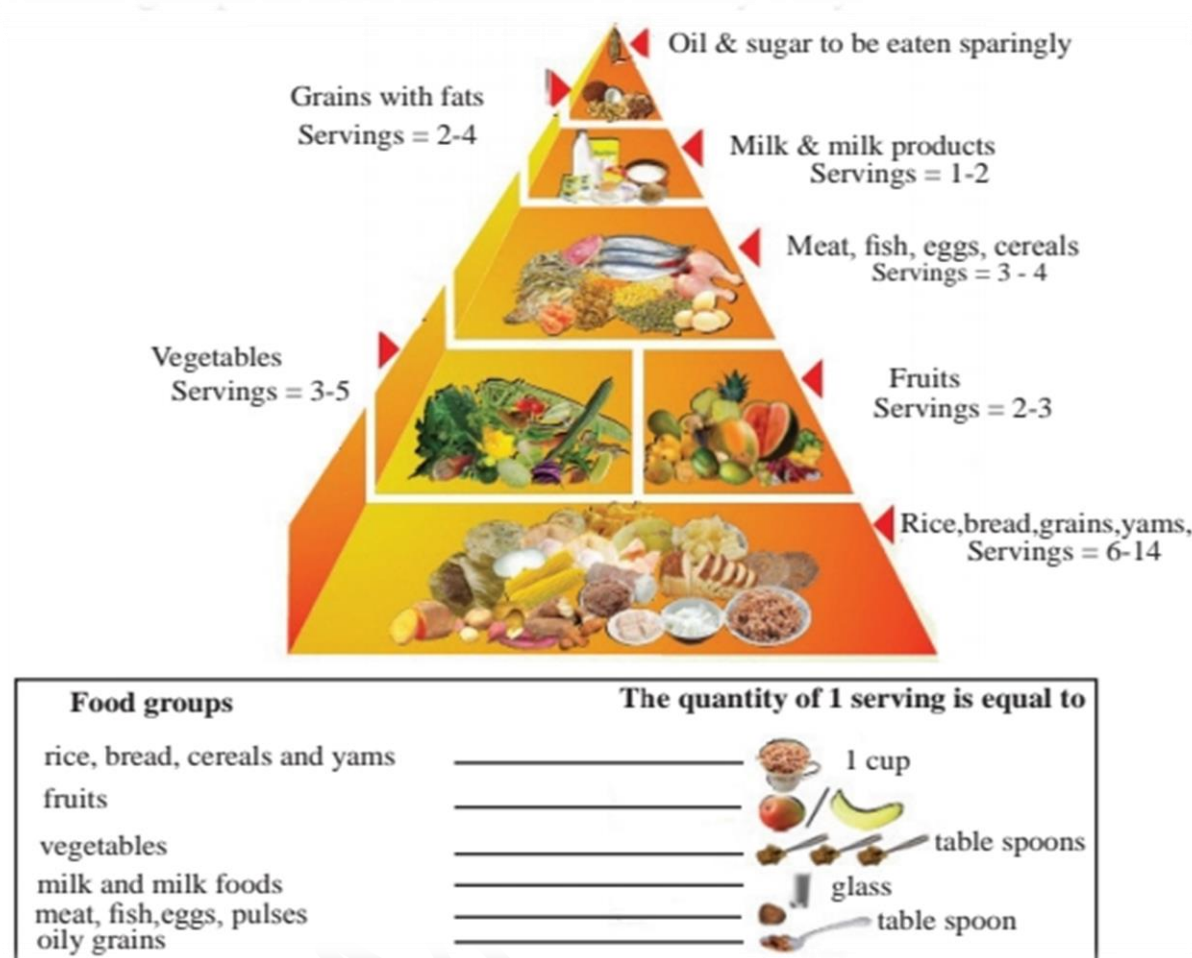
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Figure 9.1

14. Draw the food pyramid.



15. List out the food groups with nutrients content.

Food groups	Nutrient content

16. State 04 things you have to keep in mind when planning a meal.

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17. What are the diseases caused by excessive amount of oil, sugar and salt?

18. Write 03 ways that should be followed in order to maintain the cleanliness of food?

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19. Write 04 things to remember when buying food?

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20. Give 02 uses of traditional condiments in food preparation?

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21. Explain the medicinal property of few spices we use.

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22. Write 04 preserving method and food that can be so preserved.

Methods of preserving food	Food that can be so preserved

23. What are the traditional foods in our country with high nutritional value?

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24. How you can contribute to find nutritional food?

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25. Write 03 instances when packeted food must not be used?

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26. Write 03 instances when tinned food should not be used?

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27. How we can effectively use the home garden and the school compound?

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Use of pots



Use of discarded sacks



Use of discarded wooden boxes



01. What you mean by an organ system?

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02. Write some systems and functions of that.

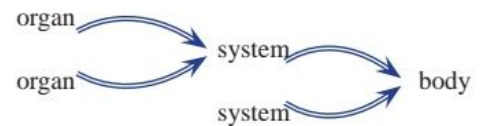
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03. Describe the function of digestive system?



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04. Draw the digestive system.

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05. Name the several main parts of the digestive system.

Mouth

- The teeth in the mouth are capable of breaking and grinding even hard solid food. In grade 6 we learnt that children have 20 deciduous teeth and adults have 32 permanent teeth.
- The food broken down by the teeth into smaller pieces are mixed with saliva produced by the salivary glands. Thereafter the tongue while making you feel the taste of food, helps in swallowing it, pushing the food down the pharynx.
- The nose cavity and the mouth cavity open into the pharynx. The oesophagus and the larynx start from there. When swallowing the food, the epiglottis covers the larynx and prevent food passing into the trachea. The swallowed food moves down the oesophagus. When you talk while eating this process does not happen properly and the food accidentally enters the trachea causing you to choke. This is colloquially referred to in Sinhala as "Ismolle yama" or "pita ujure yama".

Stomach

- The food travels through the oesophagus and enters the stomach. The stomach is a sack made up of muscles that can expand gradually. Muscle action in the stomach causes the food to breakdown further.
- The digestive juices secreted by the salivary glands, the wall of the stomach, the liver and the pancreas help to digest the food. The bile produced by the liver is stored in the gall bladder.

Small intestine

- The small intestine is a narrow but long tube. The main part of digestion takes place in the small intestine. The digested food is absorbed almost entirely here.

Do you know?

- The small intestine of an adult is about 7 metres long. You may be amazed to note that there is such a long tube in your body. As the small intestine is so long the food remains there for a long time and most of the absorption takes place here.

Large intestine

- After the absorption of nutrients in the small intestine, the water contained in the food and minerals are absorbed in the large intestine. The semi solid waste left over is known as faeces.
- At the place where the small intestine meets the large intestine there is a small tube-shaped sac which is known as the appendix.

Rectum

- The faeces are temporarily stored in the rectum. The rectum can control the process of defecation

06. What you should do to keep the digestive system healthy?

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07. What is the function of the respiratory system?

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08. Draw the respiratory system.

09. Name the several main parts of the respiratory system.

Nose

- In the nose, there are small hair like projections called cilia and a sticky substance called mucus. Cilia trap dust particles and germs contained in the air breathed in. Dust particles and germs also stick to mucus, further purifying the air breathed in. There are many blood capillaries in the nostrils which warm the air taken into the nose before it enters the lungs. The nasal tract opens into the pharynx.

Pharynx and larynx

- Pharynx is a space common to both respiratory and digestive systems. The larynx starts from the pharynx. The larynx helps to produce our voice.

Lungs

- The main organ in the respiratory system is the lung. The lungs are protected by the rib cage. The lungs are made up of millions of sacks filled with air known as alveoli which are covered by a delicate membrane.

Trachea

- Think of a tree with two branches. If the trunk is the trachea the two branches are the bronchi. The trunk divides further, finally into twigs with leaves at their ends. The bronchus divides further into branches called bronchioles that open into small sacs called alveoli referred to above.
- From the air in the alveoli, oxygen diffuses into the blood through the capillaries. The carbon dioxide in the blood capillaries is released into the alveoli.
- In the above activity you would have noticed that the rate of your breathing increased after running around the school ground. The normal rate of breathing is about 20 times per minute. One's breathing rate increases when one is doing exercises or when one gets frightened.
- That is because the respiratory system supplies extra oxygen required to produce extra energy to cope with such situations.

10. What you mean by respiration?

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11. What you mean by inhalation?

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12. What you mean by exhalation?

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13. What should be done to maintain a healthy respiratory system?

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14. What is the function of the circulatory system?

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15. What is the main organ of the circulatory system?

Heart

- The main organ of the circulatory system is the heart. It is situated in the rib cage, between the two lungs and slightly to the left. The heart acts like a pump and supplies the necessary power to make the blood flow through the blood vessels. The heart is an organ made up of muscles.
- As the muscles of the heart don't get exhausted, the circulation of the blood continues throughout the life. There are four chambers in the heart namely the right and left atrium and the right and left ventricles.

Blood vessels

- The blood vessels that take the blood away from the heart are called arteries. The blood vessels that bring the blood back from the organs to the heart are called veins. The arteries and veins are connected to each other through the capillaries. The capillaries are like fine fibre and when blood travels through them, substances necessary for the cells are absorbed into the cells and waste matter is released out of the cells into the blood. Other than transportation of substances the blood circulation helps to maintain body temperature.



Figure 10.5

Feel your pulse by placing your left finger tips a little above the place where your right thumb meets the wrist as shown in figure 13.5

- When we do exercises or get excited our heart beat increases and then the pulse rate also increases. The heartbeat of an adult is generally 72 beats a minute.

Blood

- When you get a wound, you may see blood flowing out of it. There are different types of cells in your blood. The red blood cell is one such type. The blood is red because of the red pigment with iron in it.
- Red blood cells help to transport both oxygen and carbon dioxide. The white blood cells fight against germs that enter the body.
- When you have bleeding the platelets in the blood help to form blood clots and stop bleeding.
- The blood cells not only transport different gases and nutrients, but also transports medicines, hormones and a variety of enzymes.

16. Draw the heart.

17. What is the meaning of "arteries"?

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18. What you can do to keep the circulatory system healthy?

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19. What is the function of excretory system?

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20. Draw the excretory system.

21. What is the main organ of excretory system?

Kidney

- The main organ in the excretory system is the kidney. The two kidneys shaped like bean seeds, are placed towards the back of the abdomen on either side of the vertebral column. There are about a million nephrons in each kidney that help to filter the urine. Urine is formed in the nephrons when blood travels through the kidney.

Urinary bladder

- The urine produced by the kidneys is taken to the urinary bladder through the ureter and it is stored there. The expandable, muscular walls of the urinary bladder can store the urine. The urine is passed out when the need arises. Not only the kidneys but also the liver, lungs and the skin help in the excretory process.

22. How to maintain a healthy excretory system?

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01. What is known as emotions?

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02. What is known as emotional balance?

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03. Write 04 pleasant emotions?

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04. Write 04 unpleasant emotions?

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05. Write 04 factors that affect emotional balance?

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06. Write 04 skills that help in maintaining emotional balance?

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07. Write 04 things we could do when we have unpleasant emotions?

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08. Mention 04 important of emotional balance?

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09. Write 04 various requirements that should be fulfilled within the family?

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12 Let us respect the rules, regulations and ethics in sports

01. What is the meaning of rules and regulation?

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02. What is known as ethic in sport?

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03. Write 04 importance of rules, regulation and ethic in sport?

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04. Write 04 benefits that you and your family will get by adhering to rules, regulations and ethics in Sport?

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05. Write 04 benefits that a school enjoy by adhering to rules, regulations and ethics in sports?

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06. Write 04 benefits derived by the society by adhering to rules, regulations and ethics in sports?

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07. Write 03 your duty and responsibilities in relation to rules, regulations and ethics in sports?

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08. Write 03 things you could do to honour the decision of the umpire/ referee?

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09. Write 04 qualities of good sportsmanship that should be developed?

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13 Let us develop our physical fitness

01. What is the meaning of physical fitness?

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02. Write the physical fitness factors?

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03. What is known as speed?

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04. What is known as strength?

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05. What is known as flexibility?

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06. What is known as co-ordination?

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07. What is known as endurance?

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08. Write 03 activities to improve speed?

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A full-body photograph of a very muscular man performing a bent-over barbell row. He is shirtless, showing extreme muscle definition in his chest, abdomen, and arms. He is wearing black athletic pants and a black wristwatch on his left wrist. He is bent over at the hips, holding a barbell with both hands, and pulling it towards his chest. The background is a dilapidated, industrial-style building with peeling paint and debris on the ground, creating a gritty, urban atmosphere. The lighting is dramatic, highlighting the man's physique.




14. Write a test to measure flexibility?



15. Write some activities to measure co-ordination?



16. Write a test to measure endurance?



01. What is adolescence?

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02. What is known as reproductive health?

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03. Draw the female reproductive system and What is menstruation?

- The embryo formed by the fusion of the father's sperm and the mother's ovum (egg) develops into a foetus inside the uterus (womb). Thereafter until birth takes place after nine months, it is nourished and protected in the uterus. As the uterus is a muscular organ, when the embryo grows the uterus also expands.

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04. Explain the different functions of each organ of the female reproductive system.

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05. Draw the male reproductive system.

- The male reproductive system consists of a few organs externally visible. The male sperms required to produce an embryo are produced inside the testes. In order to maintain the low temperature for the formation of sperms, the scrotal sac is formed outside the body.
- A liquid secreted by the seminal vesicle mixes with sperm. The penis ejects semen into the vagina during sexual intercourse

06. Explain the different functions of each organ of the male reproductive system.

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07. Mention 02 hormones secreted by female?

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08. Mention a hormone secreted by male?

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09. Write 04 secondary sexual physical features that appear in female children at adolescence?

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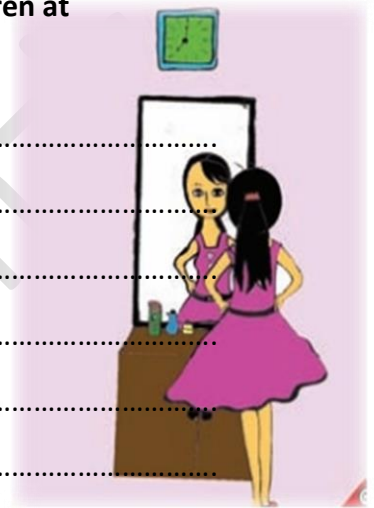
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10. Write 04 secondary sexual physical features that appear in male children at adolescence?

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11. Write 04 psychological features that appear at adolescence?

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12. Write 04 social features that appear at adolescence?

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13. How should you physically get ready to face the adolescence?

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14. How should you mentally get ready to face adolescence?

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15. How should you socially get ready to face adolescence?

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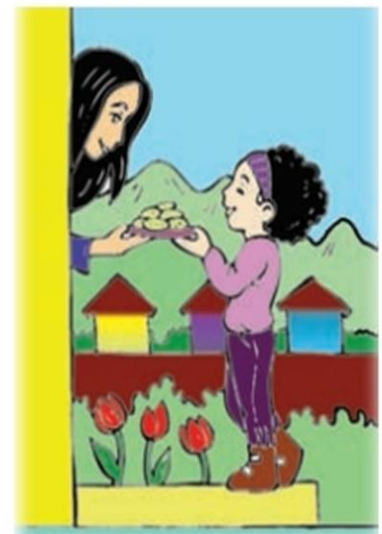
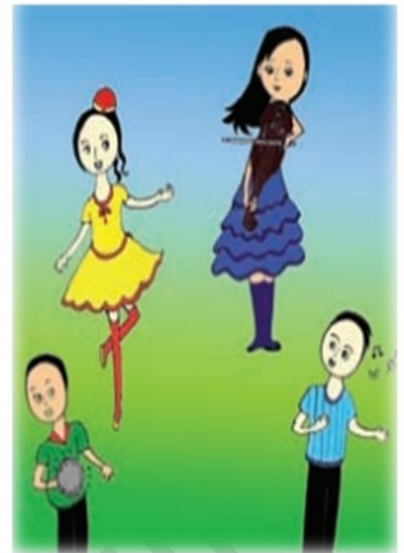
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16. Explain the myth about the reproductive system.

Menstruation - A girl's first menstruation is known as attaining menarche. All girls do not attain menarche at the same age. Different factors such as nutritional level, genetic factors and environmental factors can have a bearing on this. Menstruation can be irregular in the first two or three years but usually it takes place every twenty-eight days in a cycle.



- It is a myth that bathing during the menstrual period will make the blood travel upwards and make the individual ill. Hygiene is compulsory during this period.'
- Although the menstruation period is considered unclean (kili) it is ones own blood that passes out of the body. The difference with the blood that seeps from a wound and menstruation is that it has mucus and some tissues of the uterus lining passing with it.
- There is a myth that girls should not consume fish and meat ('pilee food') during the menstrual period. The requirement of protein is high as this is a period of growth. During this period food containing protein such as fish, meat, eggs and milk is important.
- There can be minor aches and pains in the stomach and in the back. If there is no discomfort you do not have to keep away from sports activities. It is good to follow your daily routine.

Ejaculation of semen - The production of semen in the testes starts during puberty. The passing out of semen during one's sleep at night is known as nocturnal ejaculation which is a natural occurrence. It is am myth that the passing out of semen makes the body weak.

17. Write 04 factors that influence the reproductive health?

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18. Write 04 sexual transmitted diseases?

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19. What is the meaning of hormone?

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01. Write 02 germs that transmitted the communicable diseases?

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02. What is the meaning of communicable disease? Give Examples.

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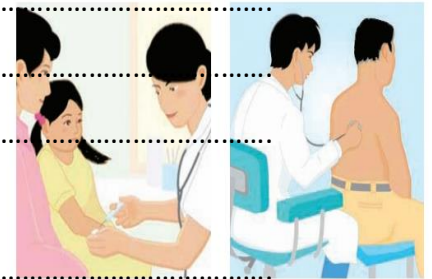


03. Write the types of non-communicable disease? Give Examples.

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04. What is the meaning of Acute? And give 04 examples.

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05. What is the meaning of Chronic? And give 04 examples.

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06. Write the 02 types of factors that cause non-communicable disease?

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07. List out the factors that influence non-communicable disease?

Changeable factors	Unchangeable factors

08. Write 04 precautions that can be taken to avoid non-communicable diseases?

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Purpose - I expect this Grade 07 Health Worksheet book is designed to learn their lessons easily to my beloved students.

I think it's an easy way to study your lessons.

Thank you...