

# HEALTH & PHYSICAL EDUCATION

## WORKSHEET

**GRADE  
09**



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Zahira College Kalmunai  
(National School)

**ZONAL EDUCATION OFFICE ~ KALMUNAI**

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*Author -M.H.M Musthanzir -0758424573 (Zahira College Kalmunai)*

01. Where does a child spend most of his time?

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02. What is a community consist of?

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03. Write 04 differences among members of the community?

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04. Give 02 factors that can affect the health community?

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05. Write 04 qualities to be developed to form a healthy community?

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06. What is health?

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07. Define all 4 types of health (physical, mental, social and spiritual)?

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**08. List 04 quantitative benefits of maintaining good interpersonal relationships?**

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**09. List 04 qualitative benefits of maintaining interpersonal relationship?**

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**10. What you meant by “ Community health problems”?**

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**11. Give 05 community health problems?**

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**12. What is environmental pollution?**

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**13. Who cause environmental pollution?**

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**14. Write 04 aspects of environmental pollution?**

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**15. What is air pollution?**

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16. What are results of air pollution?

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17. What is water pollution?

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18. Give 04 health problems caused by water pollution?

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19. What is land pollution?

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20. Give 04 effects of land pollution?

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21. What is sound pollution?

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22. Write the results of sound pollution?

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23. Give 04 causes of environmental pollution?

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24. Give 04 preventive methods of environmental pollution?

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25. What is communicable disease?

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26. List 04 communicable diseases which can be seen in the society?

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27. What is non communicable disease?

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28. List 04 non communicable diseases?

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29. Give 04 problems caused by illness?

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**30. Write 04 methods to prevent illness?**

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**31. Write 04 issues caused by using tobacco and drugs?**

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**32. Write 04 actions can be taken to minimize drug use in the society?**

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**33. Give 04 accidents you know.**

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**34. Give 04 disasters.**

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**35. What can be caused by accidents and disasters?**

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**36. How can you prevent accidents and disasters?**

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**37. Define 'abuse'?**

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**38. Define 'coercion'?**

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**39. List some abuse and coercions which can be seen in the society?**

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**40. Give 04 harmful results of abuse and coercions?**

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**41. Name 02 institutions which helps abused or coerced person?**

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**42. What is 'community health promotion'?**

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43. Write 04 advantages of community health promotion?

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44. Give the 05 themes used to promote the health of family, school, and community?

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45. Give 04 policies to be developed which promote health?

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46. Write 04 ways to improve knowledge and skills help in health promotion?

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47. Give 04 needs which can be provided by a healthy environment?

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48. Give 04 institutions contribute to community health promotion?

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49. List 04 activities which can be done to promote healthy community?

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50. How can the public get optimal use of health services? Give 2 examples.

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51. Give 04 advantages of health promotion?

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01. Who did a lot of experiments on human needs?

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02. Describe the hierarchy of human needs that Abraham Maslow created.

03. Write 04 skills found among us.

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04. Write 04 highest positions you can attain by using these abilities.

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05. Describe 'self-actualization'.

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06. Give 04 qualities one should have to reach self-actualization.

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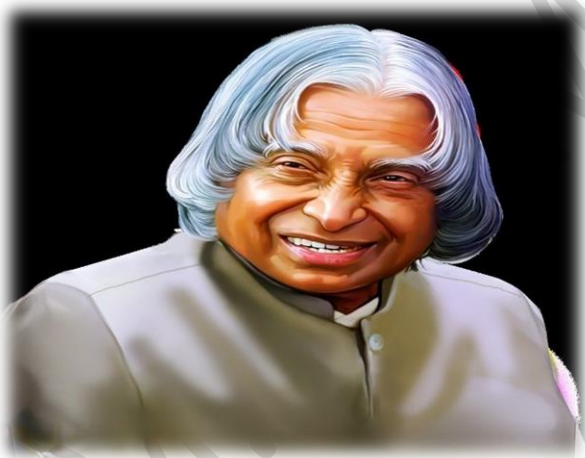
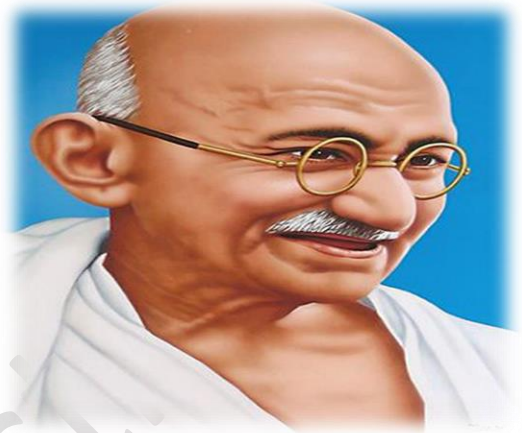
07. Name 04 persons who have reached self-actualization.

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### 03 Let us identify physical deformities which prevent good posture

01. Write 02 facts that affect incorrect posture?

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02. Write 02 results of maintaining a bad posture?

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03. What is correct posture?

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04. Write 04 benefits of maintaining correct posture?

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05. What are the deformities which affects correct posture?

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06. What you understand by 'congenital deformities'?

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07. Write 02 effects caused by congenital deformities?

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08. Write 03 deformities caused by environmental factors?

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09. What is the deformity caused by Vitamin D.?

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10. What is the deformity caused by Calcium?

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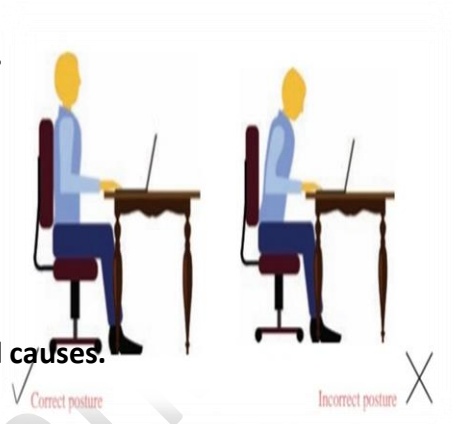
11. Write 04 incorrect postures that can cause physical deformities.

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12. Mention 06 abnormalities due to congenital and environmental causes.

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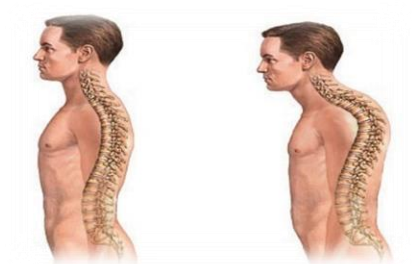
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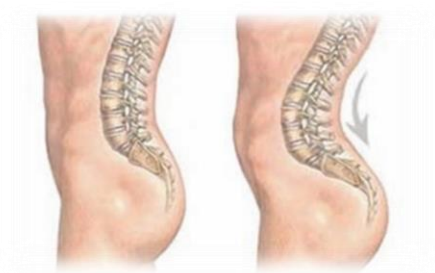
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13. Explain each Abnormalities due to congenital and environmental causes with pictures.

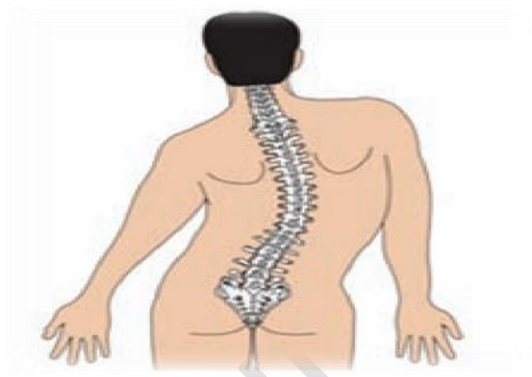
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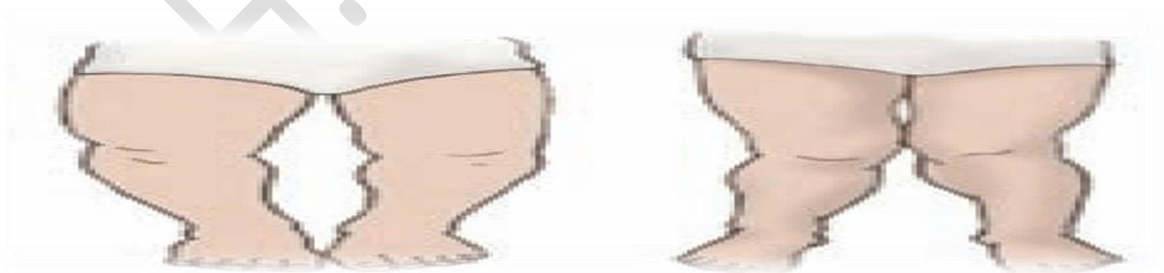
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**14. Write 04 healthy habits to avoid deformities that can be caused by wrong posture.**

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01. Write 04 benefits of participating sports?

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02. What are organized games?

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03. Write 04 common features of organized games?

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04. Classify the sports based on the places they are played.

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05. Name some sports played in water.

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06. Name some sports played on ice.

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07. Name some sports played on snow.

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08. Name some sports played in Air.

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**09. Name the types of sports played in land with examples.**

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**10. What is outdoor education?**

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**11. Write 04 experiences gain by engaging in outdoor activities.**

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**12. Write 04 physical skills and psycho-social that can be developed by outdoor activities?**

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14. Explain through a table how outdoor educational activities can be classified.

M.H.M Musthanzir

01. What is the National game of Sri Lanka?

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

.....

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. Draw the Volleyball court with measurement.



06. What you meant by Spiking?

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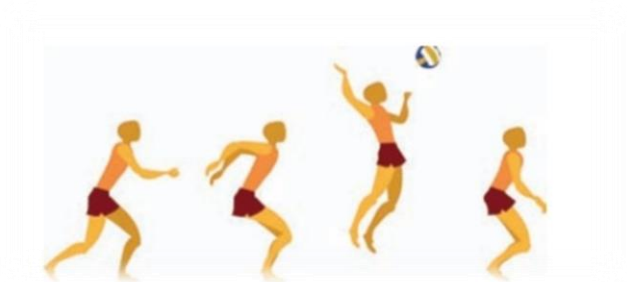
07. Write the techniques of spiking?

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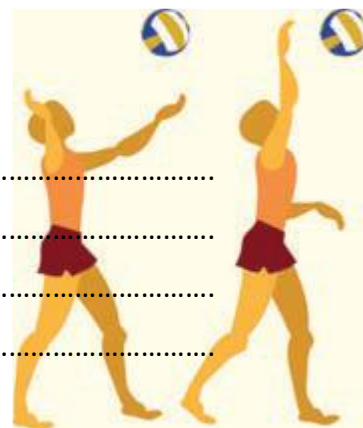
08. Describe 02 activities to practise spiking with picture.

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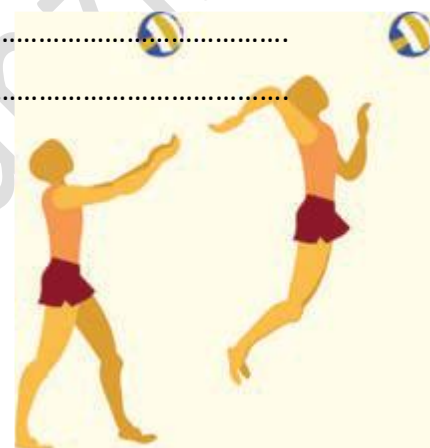


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09. Write 04 factors that should be taken into consideration when spiking?

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10. What is blocking?

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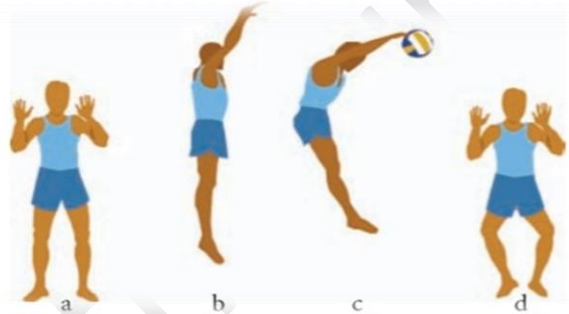
11. Write the techniques of blocking?

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12. Write 02 activates to practise blocking with pictures.

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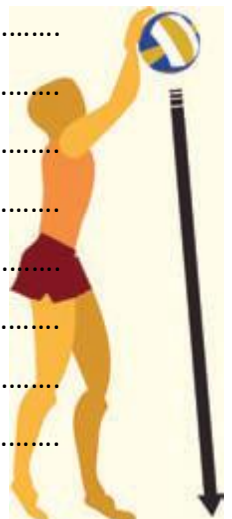
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13. Write 03 factors to be considered for effective blocking?

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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. Write the skills of netball?

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04. Draw the netball court with measurement.



05. Explain the skill of attacking.

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06. Explain the skills of Defending.

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07. Write the methods of Defending.

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## 08. Explain the defending methods briefly.

### 1. Defending the player

Preventing the attacker from catching the ball is called as defending the player. This can be done in four methods.

- Standing in front of the attacker
- Standing behind the attacker
- Standing beside the attacker
- Standing opposite the attacker



### 2. Defending the ball

When defending the ball, the defender should identify the landed foot of the player who has received the ball and should prevent the ball from being thrown by standing face to face with the ball 3 feet away from that landed foot of the player with the ball. The defender should obstruct throwing of the ball by the attacker by extending her hands according to the throwing direction. As the attacker is throwing the ball, the defender can jump up and catch the ball as it is released from the hand of the attacker.



### 3. Defending the position

After passing the ball to another player of the own team, the attacker moves to a free place. Preventing the attacking player from moving in this manner is called defending the position.





09. Write 02 activities to practise attacking and defending skills.

- Avoiding the defending player

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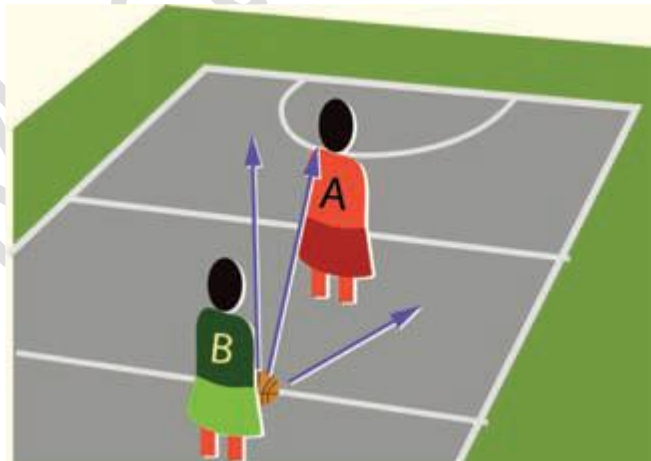
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- Activities with pairs



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**10. Write an activity to practise shooting skill.**

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**11. Write 04 fouls committed when attacking, defending and shooting.**

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01. Who name the game as football? When?

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02. Write the skills of football?

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03. When was football introduced in Sri Lanka?

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04. Explain the throw-in briefly.

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05. Write 04 techniques of Throw-in.

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06. Draw the football court with measurement.

07. What is Goal keeping?

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08. Write 05 methods of Goal keeping with picture.

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09. Write 04 techniques of goal keeping.

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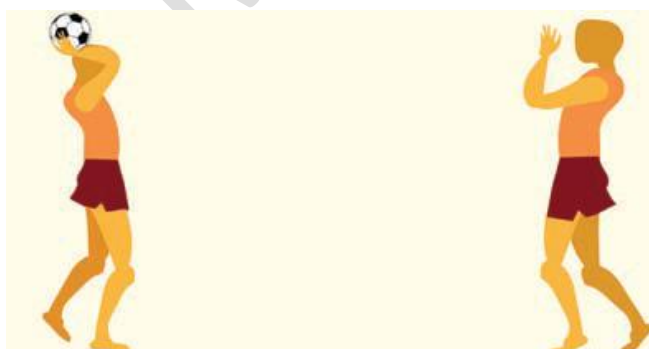
10. Describe 02 activities to practise Throw-in with pictures.

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11. Describe 02 activities for goal keeping with pictures.

**Practising keeping the ball that is coming along the ground**

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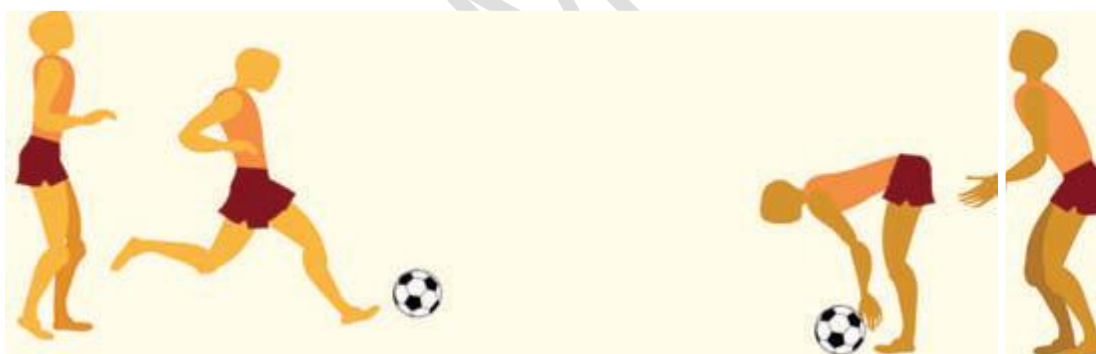
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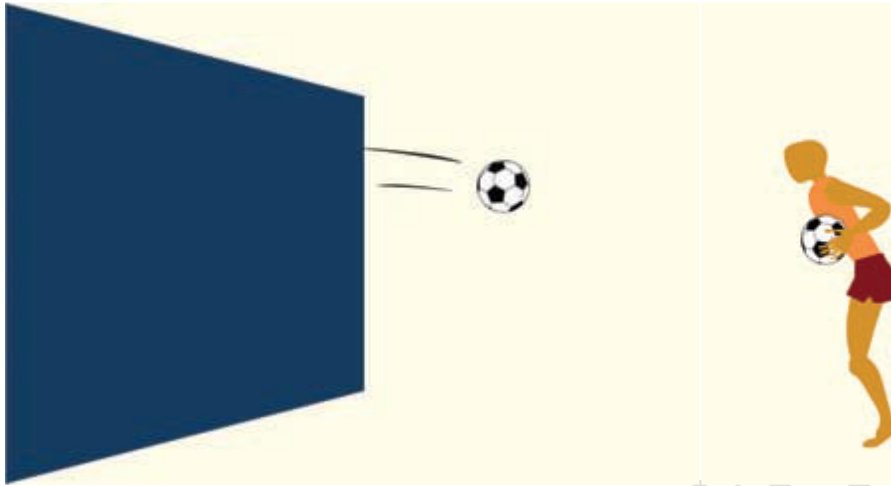


## Keeping the ball that is reaching at chest level

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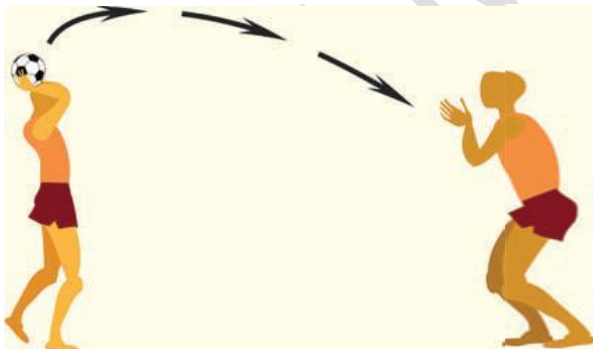
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01. Write the techniques of Baton change.

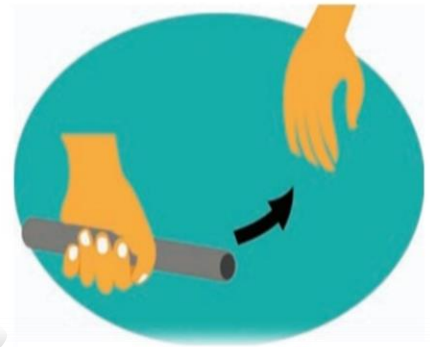
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02. Explain the Upsweep technique with picture.

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03. Explain the Downsweep technique with picture.

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04. What are the methods of receiving Baton?

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05. Explain inside pass with picture.

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06. Explain outside pass with picture.

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07. Explain mixed pass.

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08. Baton change can be classified into 2 types accordance with the distance. What are they?

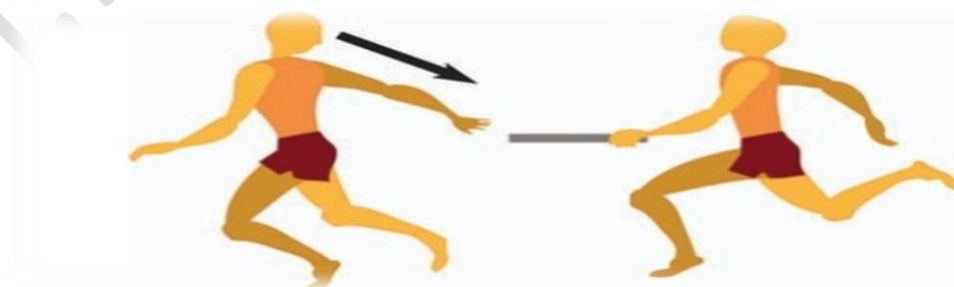
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09. Explain Visual pass with picture.

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10. Explain Non-visual pass with picture.

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11. Write an activity for practising the baton change.

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**12. Write 04 rules of baton change.**

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**13. Draw the baton change zone.**

M.H.M Musthanzir

01. Write 03 factors that help to gain victory in long jump event.

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02. Write the techniques of long jump.

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03. Write the phases of long jump.

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04. Draw the long jump court.



05. Explain the hang technique of long jump.

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06. Write 02 activities to practise long jump.



07. What are considered as fault jumps in long jump?

01. Write 04 functions of food.

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02. Write the main nutrients important for our body.

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03. Food can be categorized on the basis of nutrients in it. What are they?

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04. What you meant by 'Balance diet'?

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05. What are the different stages during which nutritional needs change?

Age	Stage



**06. Write the nutritional needs of infant.**

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**07. Write 05 food items with nutrients that can be given after 6 months.**

Food	Nutrients

**08. What are the diseases caused by unhealthy eating habits during childhood?**

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**09. Write 04 child and maternal health programs to reduce malnutrition in childhood.**

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**10. What are the nutrients needed for the rapid growth of adolescence.**

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**11. Write 04 bad eating habits of adolescence.**

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12. Write 04 bad effects of bad food habits.

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13. Write 04 consequences of bad food habits in youth and middle age.

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14. Write 04 changes in old age.

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15. Mention 04 ways of ensuring good nutrition during old age.

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16. Name some solid, semi-solid and liquid food items suitable for the latter part of adulthood.

Solid food	Semisolid and liquid food



17. Write 04 people who are in needs of special; nutritional needs.

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18. What you meant by gestational period?

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19. Who is in charge for pregnant mother?

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20. Write 04 importance of breast milk.

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21. Write 04 advantages for a sportsman when getting nourishment.

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22. Write some different menus are used for different illnesses.

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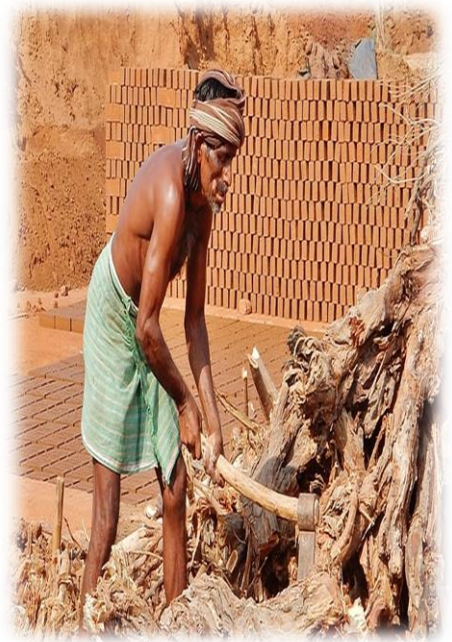
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23. Howe does a vegetarian fulfil his calcium and protein requirements?

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**24. Write 04 Myths and fact regarding nutrition?**

Myth	Fact

25. Write 04 fact should be considered when selecting foods.

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## 11 Let us protect the features which affect our appearance

01. Write 05 sensory organs.

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02. What is the largest organ of our body?

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03. Write the types of skin.

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04. Write 04 functions of skin.

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05. Write 04 skin related diseases.

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06. Write 04 healthy ways of preventing skin diseases.

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07. Write a function of hair.

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08. Write 04 diseases related to hair.

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09. Write 04 healthy habits to prevent illnesses related to hair.

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10. Write a function of nail.

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11. Write some diseases associated with nails.

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12. Write 04 healthy habits to protect nails.

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13. Write the functions of lips.

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14. Write 04 diseases related to lip.

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**15. Write 04 health practises related to lips.**

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**16. Write some functions of teeth.**

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**17. Write a short note about teeth.**

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**18. Draw the teeth and mention the names.**

**19. Write down 04 kinds of teeth and their functions with pictures.**

20. Write 04 diseases related to teeth.

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21. Write 04 healthy ways of looking after your teeth.

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22. What you meant by binocular vision?

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23. Write a short note about eye.

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24. Write 04 diseases related to eye.

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25. Write 04 healthy practices to protect the eyes.

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26. Write a short note about ears.

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27. Write 03 diseases related to the ears.

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28. Write 04 good practises to maintain health of the ears.

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29. What you meant by power grip?

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30. What you meant by precision grip?

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31. Write 03 instances where the fingers get injured.

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32. Write 03 ways of protecting the fingers and toes.

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01. What is physical fitness?

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02. Write the types of physical fitness.

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03. Write the 5 types of health-related physical fitness.

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04. Write the process of physical fitness test.

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05. Write 03 things to be considered during the physical fitness test.

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06. What you meant by cardiovascular endurance? Give an example with picture.

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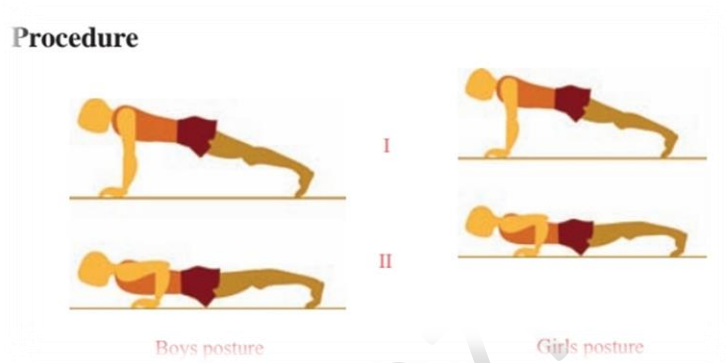
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07. What you meant by muscular endurance? Give an example with picture.

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08. What you meant by muscular strength? Give an example with picture.

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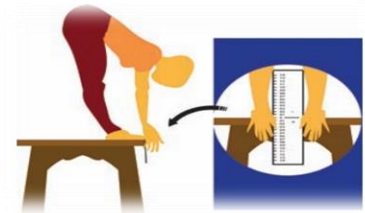
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09. What you meant by flexibility? Give an example with picture.

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10. What you meant by composition? Give an example.

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11. Write the formula of BMI.

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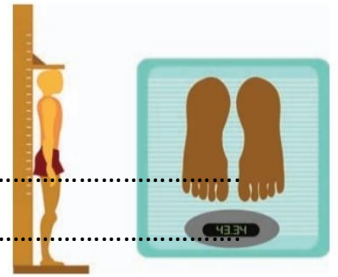
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12. Write the formula of Waist circumference.

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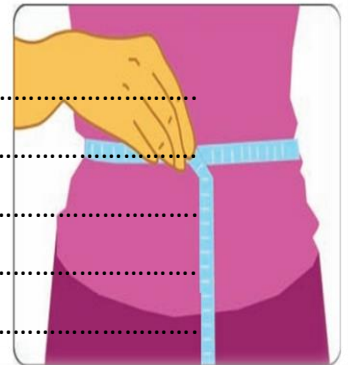
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Procedure



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M.H.M Musthaziz

M.H.M Musthanzir

M.H.M Musthanzir



01. Write 04 occasions where a bonfire is made.

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02. Write 04 factors that should be taken into consideration when building a bonfire.

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03. How a bonfire should be made correctly.

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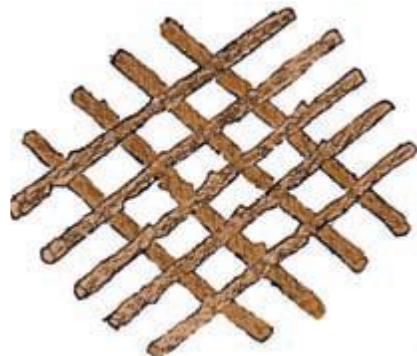
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04. Write the types of bonfires with pictures.

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**04. Write 04 benefits of making bonfires.**

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01. Write 04 benefits by engaging in pre-planned activities during the outdoor camp?

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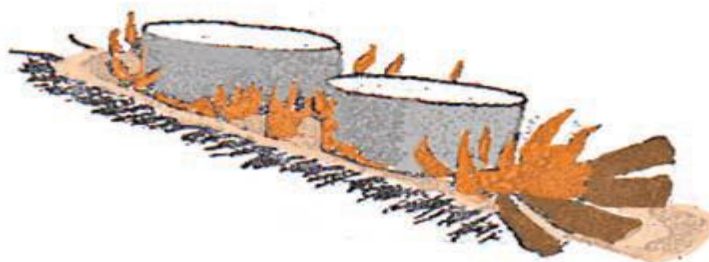
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02. Write the types of fireplaces that are used to cook food outdoor cooks? And draw the pictures.

- .....
- Carter's fireplace or the three-stone fireplace can be used to cook food even for a large group and any kind of food can be cooked using it. What is special about this type of fireplace is that it can be made easily within a short period of time using any kind of stone such as granite, bricks, cabook blocks or cement blocks so that any type of cooking pot available at the time can be placed on them.



- .....
- Ditch fire is prepared by digging a ditch in a flat land so that cooking pots can be placed on it. The width of the ditch should be decided according to the diameter of the cooking pot. A special advantage of this pot is that several cooking pots can be placed on this at the same time.



- .....
- The unit fire is made by standing a pole with a strong fork on the ground and placing another pole across the fork so that the cooking pot can be hung on that pole. A fire is made below the pot. This can also be used to roast certain types of food. This cannot be used to cook food for a large group. Newly cut, fresh poles should be used for this.



- .....
- Double-fork fire is made by standing two poles of similar length with strong forks on flat land and placing another pole on the two forks. Cooking pots are hung on the pole and a fire is made below the pots. Double fork fire, too, cannot be used to cook food for a large group. Newly cut, fresh poles should be used for this.



- .....
- A flat-rock fire can be made by placing a fairly large, flat rock on a few stones. This can be used to bake food items like rottee. Instead of the flat rock, a metal plate can also be used over the fire to bake food.



- .....
- A tin can stove can be made by removing the lid of a tin and cutting out a square shape from the lid side as shown in the figure so that firewood can be inserted through the cutting. This can be used for tasks such as baking rotee.



**03. Write the 02 factors to be considered while lighting fire?**

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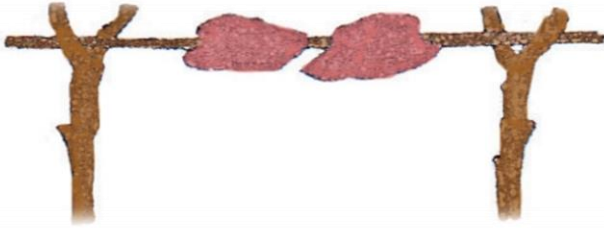
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**04. Draw diagrams of the food items that can be cooked in outdoor.**

❖ .....



❖ .....



❖ .....



❖ .....





01. Draw the events of jump.

02. Write a short note about high jump.

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03. Write the techniques of high jump.

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04. Write the 04 phases of high jump.

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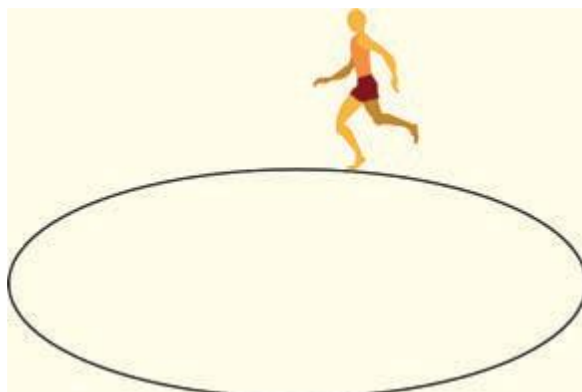
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05. Write an activity to practise the approach run according to Fosbury flop method.

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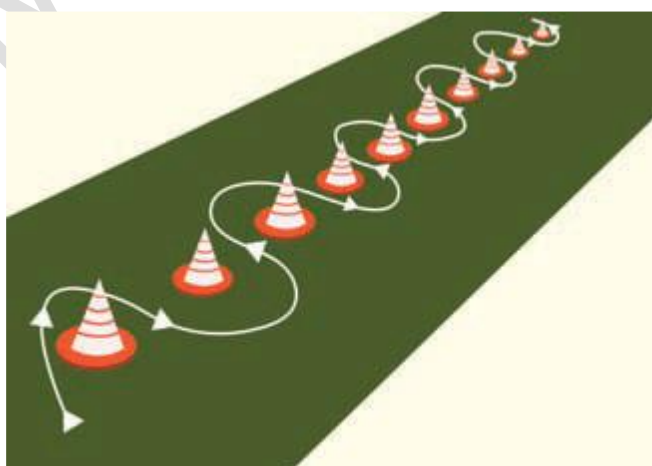
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06. Write an activity to practise take-off according to Fosbury flop technique.

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07. Write an activity to practise bar clearance and landing according to Fosbury flop technique.

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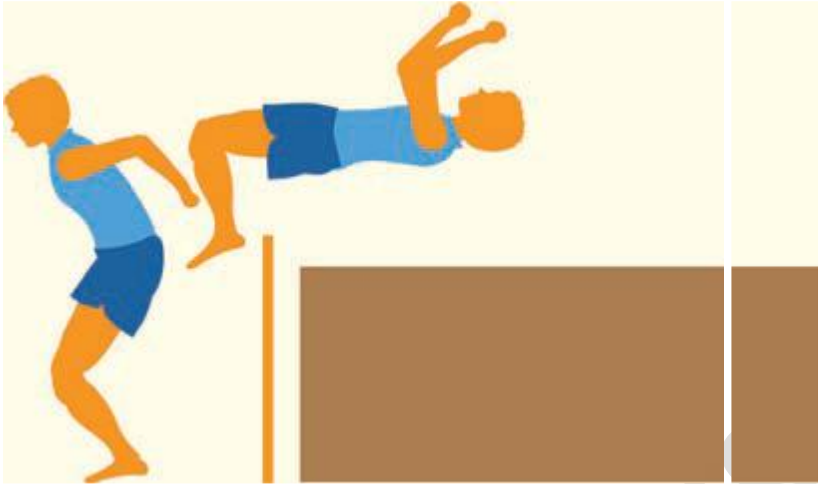
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**08. Write 04 rules related to high jump.**

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01. Draw the throwing events in the field events.

02. Draw the diagram of put shot with correct measurement.

03. Write the procedure of shot put and discus throw?

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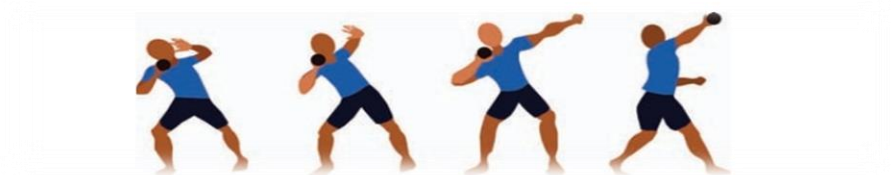
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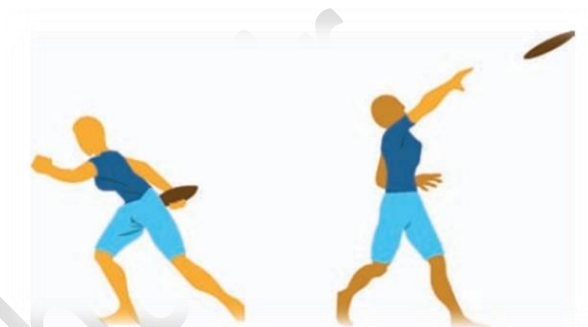
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04. What is power position?

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05. Draw the diagram of discus with correct measurement.



06. Draw the diagram of javelin with correct measurement.

07. Write 02 activities to practise shot put.

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**08. Write 02 activities to practise discus.**

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09. Write 02 activities to practise javelin.

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10. Write 04 rules of throwing events.

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01. What is the objective of sports?

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02. As a student what are the sport competition you can take part.

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03. What is known as rules? Mention examples.

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04. What is regulation? Mention examples.

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05. What is known as ethic of sports? Mention examples.

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06. What are the adverse effects for the athlete and the team by acting again the rules and regulation of the games?

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07. Why is it important to act accordance with rules and regulation in the society?

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**08. Write 04 advantages we gain through sports?**

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**09. Write 04 qualities that should be developed to gain victory?**

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**10. Write 04 good qualities that should be followed while working with opponents' group?**

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**11. Write 04 qualities needed in maintaining good relationship with the referees or umpires.**

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**12. Write 04 qualities needed in maintaining good relationship with spectators.**

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**13. Write 04 qualities that should be found among spectators.**

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01. Write 04 challenges.

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02. Why is mental and social fitness important?

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03. Write 04 skills will help to improve our mental and social fitness.

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04. What is known as creative and exploratory thinking?

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05. How can we develop creative and exploratory thinking?

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06. Write 04 ways of handling problems?

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07. What is stress?

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08. Mention 04 stressful situation you are facing as a student.

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09. Write 04 good habits which help to handle stress?

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01. Write 02 main factors that affect identity as a male or female?

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02. What is known as the biological gender?

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03. What is known as social concept of gender?

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04. Write 04 factors that determine the social concept of gender.

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05. Write 04 occasions influenced by the social concept of gender.

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06. Write 04 conflicting and stressful situations that arise due to misunderstanding of gender

Socialization?

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07. What is known as gender identity?

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08. Write 04 adverse effects by irresponsible sexual behaviour?

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09. What a mother should do to ensure the birth of a healthy child?

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10. Write 04 responsibilities of the father regarding his pregnant wife?

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11. Write 04 responsibilities of the parents towards their children?

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01. Write 06 major social challenges?

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02. Write the types of food.

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03. What you meant by natural food? And give examples.

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04. What you meant by artificial food? And give examples.

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05. Write 04 aspects should be considered while selecting food?

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**06. Write the types of artificial foods?**

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**07. What you meant by processed food? And give examples.**

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**08. What you meant by fast food? And give examples.**

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**09. What you meant by junk food? And give examples.**

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**10. Why should be avoid artificial foods?**

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**11. What are the bad effects by consuming artificial foods?**

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**12. Write the types of diseases?**

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13. What you meant by Communicable disease? And give examples.

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14. What you meant by non-communicable disease? And give examples.

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15. How communicable disease spread?

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16. Explain Dengue.

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17. Write 04 symptoms of dengue.

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18. What should we do when these symptoms are present?

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19. Explain Malaria.

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20. Write 04 symptoms of Malaria.

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21. Explain Filaria.

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22. Write 04 symptoms of Filaria.

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**23. Explain Tuberculosis.**

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**24. Write 04 symptoms of Tuberculosis.**

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**25. Describe Leptospirosis.**

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**26. Write 04 symptoms of Leptospirosis.**

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**27. Describe Typhoid.**

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**28. Write 04 symptoms of Typhoid.**

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29. Describe diarrhoea.

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30. Write 04 symptoms of diarrhoea.

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31. What you meant by sexual transmitted disease. And give examples.

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32. Write 04 ways of HIV Transmission.

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33. Write 04 ways of HIV not transmission.

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**34. Write 04 ways to prevent infectious disease.**

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**35. How do non-communicable disease cause?**

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**36. Describe Diabetes.**

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**37. Write 04 symptoms of Diabetes.**

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**38. Describe hypertension (High blood pressure).**

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**39. Write 04 symptoms of hypertension (High blood pressure).**

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**40. Describe Heart disease.**

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**41. Write 04 symptoms of heart disease.**

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**42. Describe cancer with examples.**

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**43. Describe kidney disease.**

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**44. Write 04 symptoms of kidney disease.**

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**45. What are the reasons for kidney disease.**

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**46. Describe mental illnesses.**

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**47. Write 04 symptoms of mental illnesses.**

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**48. Write 04 prevention of non-communicable disease.**

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**49. Write 04 challenges due to communicable and non-communicable diseases.**

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**50. Write 04 disasters.**

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**51. Write 04 harm caused by climate change and disasters.**

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52. Write 04 ways to prevent disasters and to minimize the damage.

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53. Write 03 social problems of cultural influences.

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54. Write 04 negative consequences of technological development.

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55. Write 04 positive use of technological development.

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56. What is conflict?

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57. With whom are conflict caused?

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58. Write 04 negative consequences of conflict?

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59. Write 04 ways to prevent conflicts.

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**Purpose - I expect this Grade 09 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....