



Zonal Education Office - Vadamaradchy
Second Term Examination - 2019
Health & Physical Education

Grade : 06

Time : 02.00 hrs

Index No :

Part I

01. Choose the best answer for the Questions from 1 to 10.

01. Which nutrient helps us to fight disease?

- (1) Carbohydrate (2) Lipids (3) Minerals (4) Proteins

02. What disease is Caused by the iron deficiency?

- (1) goitre (2) night blindness (3) Aneamia (4) Skin problems

03. Which Concept is related to Cleanliness?

- (1) WHO (2) WASH (3) BMI (4) HYGIENE

04. One of the activities which we carry out to maintain Social well being is

- (1) engaging in recreational activities (2) doing physical exercise
(3) working as a team (4) Taking adequate rest

05. How is the talent that is found in us to carry out day to day activities called?

- (1) Complete health (2) Body Mass index
(3) mental wellbeing (4) physical well being

06. Where was Volleyball originated?

- (1) America (2) Japan (3) China (4) Germany

07. During the nomadic era what did the man use as his shelter?

- (1) Stone Caves (2) Tents
(3) Sand houses (4) Cement houses

08. The maximum number of players that can participate in netball in one side.

- (1) 11 Players (2) 7 Players (3) 9 Players (4) 5 Players

09. Which game starts with Service?

- (1) Volley ball (2) Cricket (3) foot ball (4) net ball

10. In which country did the world cup Cricket matches for 2019 take place?

- (1) America (2) France (3) China (4) England

(10x2=20 Marks)

02. Put a (✓) if the Statements are true and (✗) if false

1. We should keep the things Close to our body while lifting them up ()
2. Protein gives us a lot of energy ()
3. Taking food items which contain much sugar, Salt and oil is harmful to our body ()
4. Showing kindness to the people is mental - well - being ()
5. The Stone - age man preserved meat by wrapping it with the skin ()
6. By following sports rules, a lot of accidents are caused ()
7. The elbow should be folded at 90° while running correctly ()
8. Excessive body weight doesn't cause diabetes ()
9. Sub-games are for developing the skills in organized games ()
10. Waist Circumference of healthy person should be more than 0.5 ()

(10x1=10 Marks)

03. Fill in the blanks with the Suitable word.

(Constipation, typhoid, muscles, calcium salt)

1. We should Consume 5g
2. is essential for teeth
3. Co-ordination would be smooth while moving to rhythm
4. can be avoided by taking fibre
5. is Caused by drinking polluted water

(5x2=10 Marks)

Part II

Answer the all questions.

01. Let's follow healthy food.

- 1) Give 4 Nutrients found in the food
- 2) Give four factors that can be Considered while taking a healthy food
- 3) What are the 4 Problems faced due to the undernutrition?
- 4) Write down four snacks eaten in between the main meals.
- 5) Write down a food item which contains the following nutrients
 - a) Protein
 - b) Carbohydrate
 - c) Iron
 - d) Vitamin A

(5x4=20 Marks)

02. Let's follow the best healthy habits and get to health.
- 1) Write down four healthy habits which we have to follow.
 - 2) What are three activities followed by us to maintain mental health?
 - 3) Give 3 Characteristics of a person who sounds Social well - being.
- (4+3+3=10 Marks)
03. Let's Perform respecting rules regulation and ethics in sports
- 1) Give four importance of following rules, regulations and ethics.
 - 2) Write down 3 personal characteristic developments we get by engaging in sports.
 - 3) What are the three problems we have to face when we don't follow the rules regulation and ethic in sports?
- (4+3+3=10 Marks)
04. "Let's Know the techniques in athletics"
- 1) Give 2 Correct ways in which our body parts are set while walking correctly.
 - 2) Give three throwing events taken place in your school athletic sports meet.
 - 3) Write down three things you have to consider while landing in the jumping event
- (4+3+3=10 Marks)
05. Let's Participate in major games and build up a healthy life.
- 1) Give 4 Characteristics of organized games
 - 2) Give 3 organized game held in your school
 - 3) Mention the games in which the following skills are used.
 - a) Service
 - b) Shooting
 - c) Kicking
- (4+3+3=10 Marks)