



Zahira College – Colombo

Holiday Assessment

Medium : English

Grade: 6

Subject : Health Science

Date :

Online assessment

1. Name the five main nutrients in food

- I.
- II.
- III.
- IV.
- V.

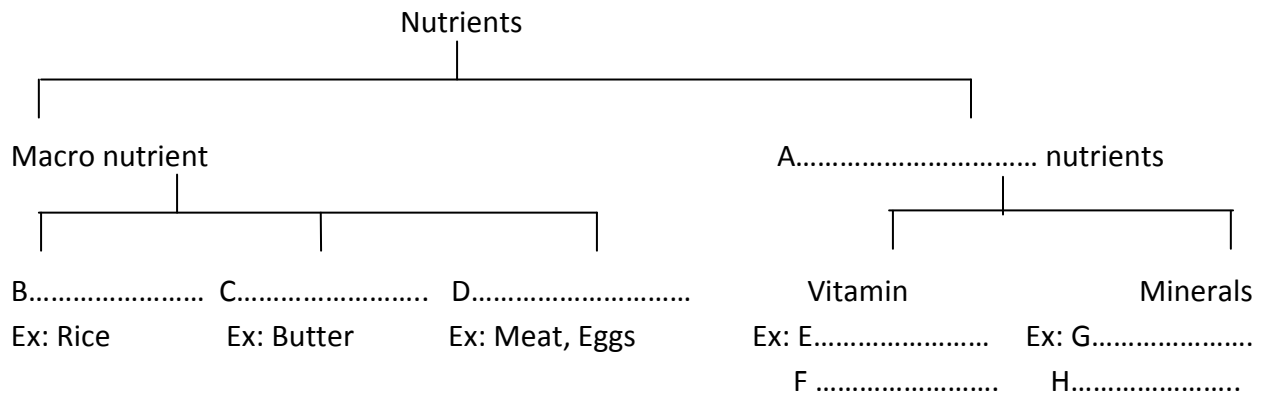
(1 *5 = 5 Marks)

2. Name the 3 main functions of food

- I.
- II.
- III.

(4 Marks)

3. Fill in the blanks



(1* 6= 6 marks)

4. Write 4 importance of rules

- I.
- II.
- III.
- IV.

(4 marks)

5. Write four difficulties faced due to is obeying rules in sports

- I.
- II.
- III.
- IV.

(4 marks)

6. Fill the following table

Nutrients	Importance	Food item
1. Fats and oil	Ex : Butter , Oil
2.	Provides energy to the body	Ex: Rice , Bread
3. Proteins	Helps in the growth of the body	Ex:
4.	Fight against diseases	Ex: fruits , vegetables
5. Minerals	Ex: Green leaves

(1 *6 = 6 marks)

7. Write 5 advantages of sports

- I.
- II.
- III.
- IV.
- V.

(5 marks)

8. Write four examples for minor games

- I.
- II.
- III.
- IV.

(4 marks)

9. Write 4 steps that can be taken to control harmful emotions

- I.
- II.
- III.
- IV.

(5 marks)

10. Explain what is needs and what is a desire?

Needs:

.....
..... (2 marks)

Ex:

.....
..... (3 marks)

Desires:

.....
..... (2 marks)

Ex:

..... (2 marks)