



# ZAHIRA COLLEGE – COLOMBO

Holiday Assignments - August 2015

Medium : English

Grade:8

Subject : Health

Date :

Adm. No :

Name :

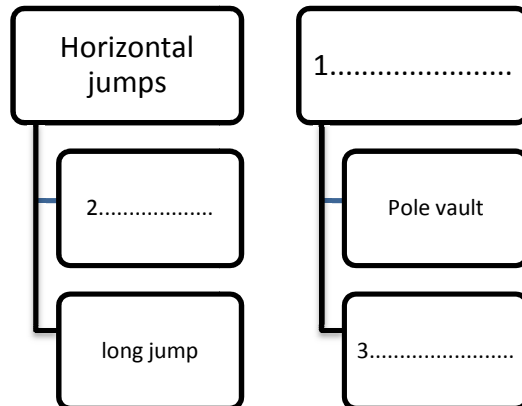
1. There are two types of starting in an athletic running event. Name those two

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(2 marks)

2. Fill in the blanks

### JUMPS



(6 marks)

3. Name 5 skills of netball

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(5 marks)

4. What is communication and management skills

Communication skill:

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(2 marks)

Management skills:

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(2 marks)

5. Name four ways of food spoilage and write 1 example for each ways

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(8 marks)

6. Write the ways by which identifying spoiled food

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(4 marks)

7. Name 5 factors that should be considered when selecting food

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(5 marks)

8. What is empathy?

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(3 marks)

9. Name four ways of food preservation with example

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(8 marks)

