



Zahira College – Colombo

Online Holiday Assignment – August 2015

Medium : English

Grade : 09

Subject : Health science

Date :

Adm. No :

Name :

Answer the following questions

- (i) List the types of hearths
- (ii) Write five types of knots and lashings and their usage
- (iii) Give five benefits of fire
- (iv) Write five techniques of high jump
- (v) Write the stages of discus throw
- (vi) List out the causes for considering high jumps as unsuccessful
- (vii) Write five benefits of food
- (viii) Write four types of special energy needers
- (ix) Write five local foods
- (x) Give five important functions of skin

Fill in the blanks

Experiences-stimuli or changes in the environment	sensitivity	Sense organ	Motor action
Swaying of trees			
Chirping of birds			
fragrance			
Taste of riped mango			
Touch of hot kettle			