



Second Term Test - Grade 11 - 2019

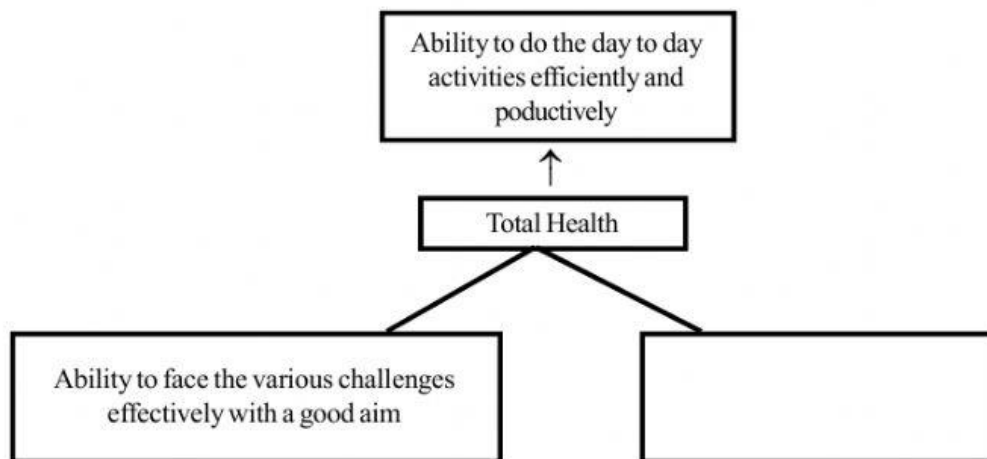
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Name/Index No: Health and Physical Education - I

Time: 01 hour

- Answer all the questions

- (1) The following diagram, was taken from a health exhibition which was organized by a group of students in grade 11, shows the definition of the total health.



Select the suitable statement to fill the above empty cage.

- Consuming nutritious, food, being free from diseases and engaging in physical exercises daily.
- Ability to engage in any activity for a long period of time with less effort.
- Developing good interpersonal relationships with others in the society and maintaining it.
- The process of fertilization of ovum takes place at.

- (2) Darshan : I engage in physical exercises to improve my physical fitness.
 Janith : I avoid from alcohol, illicit drugs and smoking forever.
 Pradeep : I have been practising for 4 months to finish 200 m running event within 22 seconds.

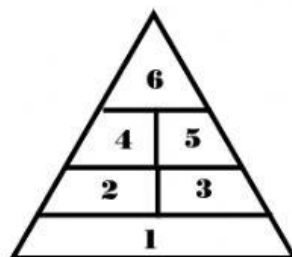
Among these students, who has a target to achieve his goal in a short period of time according to the physical and social well being.

- Pradeep
- Darshan
- Pradeep & Darshan
- Janith

- (3) According to the physical, mental, social, and spiritual well-being, which of the students have long term targets?

- Janith and Pradeep
- Janith and Darshan
- Pradeep and Darshan
- Only Darshan

- (4) Select the misconception about food and nutrition among the following statements.
 A - Powdered Milk is a complete food.
 B - Natural food carry high nutritional value.
 C - Expensive food items carry more nutritional value.
 D - Constipation can be avoided by consuming food rich in fiber.
1. A and B 2. B and C 3. B and D 4. A and C
- (5) The assurance obtained where no harm or danger will occur from food when it is prepared and consumed.
1. Fattening food 2. Food safety
 3. Food preservation 4. Food consumption
- (6) Kavinda is studying in grade 10. His height and weight was increased. The growth of his muscles was increased. His larynx protrud, his voice became rough and he engages in social work.
 According to the above features, he is in his.
1. childhood stage 2. old age 3. youth stage 4. adolescence stage
- (7) Answer question number 7 and 8 using the following information.
 Vishaka - Suffering from Vitamin B deficiency.
 Devinda - Suffering from Iron deficiency.
 Mala - Suffering from Vitamin A deficiency.
 Reskin - Suffering from Iodine deficiency.
 According to the medical report, Devinda's illness was,
1. Anaemia 2. Decaying mouth
 3. Decrease in production of thyroxine 4. Night blindness.
- (8) Eating red rice with Kathurumurunga mallum is more suitable for,
1. Riskith 2. Mala 3. Vishaka 4. Devinda
- (9) What is the most nutritious food?
1. Milkrice with greengram 2. Milkrice
 3. Sausages 4. Egg buns
- (10) What is the nutritional value of adding Lime juice when preparing a vegetable salad?
1. Increasing the taste of the salad.
 2. Increasing the absorption of iron in vegetables.
 3. Decreasing the absorption of iron in vegetables.
 4. Avoiding the contamination with micro-organism
- (11) Which number depicts the place where carbohydrates containing in rice, bread etc should be in the following food pyramid.



1. 1 2. 2 and 3 3. 4 and 5 4. 6

(12) Which vaccine should be given to a baby within 24 hours after the birth.

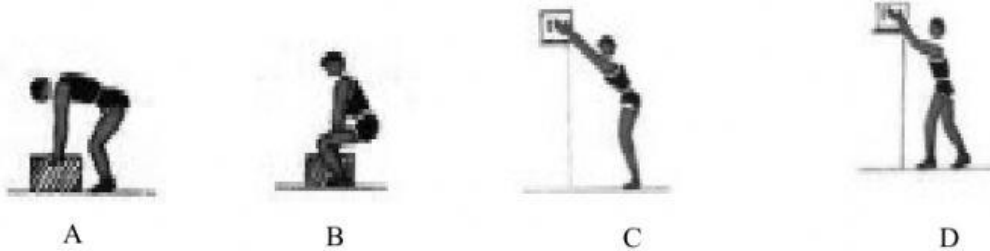
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|--------------------|---------------------|
| 1. B. C. G vaccine | 2. Rubellar vaccine |
| 3. Polio Vaccine | 4. Measles vaccine |

(13) An effect that causes an object which remains at rest to move or which changes the nature of motion of an object is called as,

- | | |
|-------------|------------|
| 1. force | 2. balance |
| 3. momentum | 4. inertia |

(14) Which posture is not a dynamic posture, among the following posture?

- | | | | |
|------------|------------|------------|------------|
| 1. Walking | 2. Running | 3. Jumping | 4. Sitting |
|------------|------------|------------|------------|



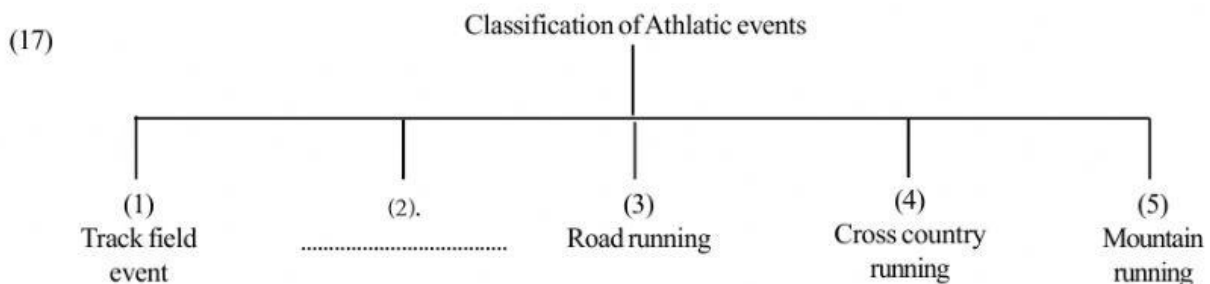
(15) The above diagrams show how lifting a weight to a higher position and lowering a weight which is at higher position.

Select the diagrams which depict the correct postures.

- | | | | |
|------------|------------|------------|------------|
| 1. A and C | 2. A and D | 3. B and C | 4. B and D |
|------------|------------|------------|------------|

(16) When a person stands with both arms by the side and then raises the arms up.

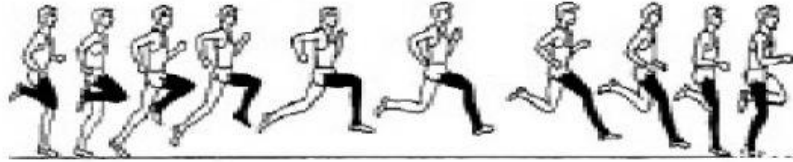
1. The position of the centre of gravity goes down.
2. The position of the centre of gravity goes higher.
3. The position of the centre of gravity doesn't change.
4. A correct conclusion cannot be given.



The most suitable event for the blank is,

- | | |
|--------------------|--------------------|
| 1. horizontal jump | 2. middle distance |
| 3. combined events | 4. race walking |

(18)



The above diagram depicts.

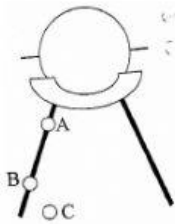
1. Long jump
2. Triple jump
3. The phases of running stride
4. A running exercise

- (19) A. There are three commands for crouch start.
B. In crouch start, the race is started at 'get set' command.
C. When starting running events, the athlete cannot touch the starting line.

Which statements are correct of the above statements.

1. A and C
2. A and B
3. B and C
4. A, B and C

(20)



Above diagram shows the places where the shot was landed when it was thrown by three athletes in a shot put event which is the correct landing?

1. A, B and C
2. B and C
3. A and C
4. C

- (21) For which event that an athlete can participate in by wearing only one bib containing his or her number either on the chest or at the back?

1. Hurdling
2. Shot put
3. High jump
4. Long jump

- (22) The length of a standard running track should be 400m. It should consist of a minimum 8 lanes. The width of the a running lane should be,

1. 1.2 m
2. 1.22 m
3. 1.25 m
4. 1.28 m

- (23) A factor that helps, to maintain the balance of the body is,

1. a strong supporting base
2. a wide supporting base
3. a flexible supporting base
4. a smooth supporting base

- (24) A - Not making marks along the path used for walking and using these to find the way.

B - Gaining knowledge on how to use the compass and maps.

C - Gaining skill in identifying foot print of animals.

The facts that special attention should be drawn to in jungle explorations are,

1. B and C
2. A and B
3. A and C
4. A, B and C

- (25) A method that was used to find the direction in an ancient time was,

1. by using a light houses
2. by using landmarks
3. by using the position of constellations
4. by using radar method

- (26) Neonatal stage is the period
1. from birth to 28 days.
 2. from one month to one year
 3. from one year to five years
 4. from six years to 10 years
- (27) *
- Maintaining a good mental condition
 - Being happy
 - Leading a carefree life
 - Developing the fruitful interpersonal relationships in the society.
- Above psychosocial needs should be fulfilled during
1. youth
 2. infant stage
 3. adolescence
 4. antenatal stat
- (28) According to the definition of the World Health Organization (WHO), health promotion means.
1. developing the health status by controlling the bad effects for ones health.
 2. physical, mental, social and spiritual well being of a person.
 3. get a theme for the health promotion and organize it.
 4. prepare policies related to health promotion.
- (29) The details of three students who are learning in a school are given below. Answer questions 29 and 30 using these details.
- * Viraj - Clever in his studies, gets angry very quickly, likes to live isolated and follows good health babits.
 - * Methun - Clever at studies, his weight is tally with his height, very popular at school.
 - * Kamani - Clevre at studies, clever at sports, very popular among the students and teachers prefers to eat fruit and vegetables.
- Among these three students, who has the best physical health?
1. Kamani
 2. Viraj and Kamani
 3. Methun
 4. Methun and Kamani
- (30) Who must develop the mental health?
1. Kamani
 2. Methun
 3. Viraj and Methun
 4. Viraj
- (31) Ovum is fertilized
1. in the male reproductive system.
 2. in the excretory system.
 3. in the nervous system
 4. in the female reproductive system.
- (32) Which answer group has the diseases related to the digestive system?
1. Diarrhoea, typhoid, tuberculosis
 2. Diabetes, high blood pressure, piles
 3. Gastritis, cancer in the oesophagus, cirrhosis
 4. paralisis, cold, diabetes
- (33) *
- Removing waste products from the body and maintaining the balance of fluid and minerals.
 - Releasing hormones which help to produce red blood cells.
 - Helping to control blood pressure of the body.
- What is the system that functions the above tasks?
1. Blood circulatory system
 2. Excretory system
 3. Respiratory system
 4. Digestive system

- (34) The substitute players in Volley ball, means,
1. The players in the line - up sheet
 2. The players in the line - up sheet including the libero player.
 3. The players who are not included in the line - up sheet except the libero player.
 4. All the players in the Volleyball team.
- (35) The minimum number of players should be included in a Netball team are,
1. Seven
 2. Five
 3. Six
 4. Four
- (36) In Football, which player can touch the ball with hands?
1. Goal keeper
 2. All the players in the team
 3. Leader of the team
 4. Nobody can touch the ball with hands.
- (37) It is not an objective in First - Aid,
1. Possibility of saving the life of the patient
 2. Proper knowledge and training in giving First aid.
 3. Preventing deterioration of the condition of the patient.
 4. First aid can be helped to cure the patient
- (38) At present, the PRICE method can be used to give First aid in an accident In this method the letter P' stands for,
1. Protecting the body part that was injured
 2. Keeping in rest the body part that was injured.
 3. To give pressure to the body part that was injured.
 4. To keep the body part that was injured in a higher position.
- (39) The person who pioneered to start the modern Olympic Games was,
1. The emperor Theodosius
 2. James Neismith
 3. Pierre de Coubertin
 4. William G Morgan
- (40) The host country, that the world Cup Cricket will be held in 2019 is,
1. South Africa
 2. Australia
 3. New Zealand
 4. England