Zonal Education Office, Vadamaradchy

SECOND TERM EXAMINATION-2019

Grade - 09 | **HEALTH AND PHYSICAL EDUCATION** | Time : 2 hrs.

Index No.: | Marks :

PART I

❖ **Select the most suitable answers for the questions 1-20.**

1) Facing the challenges successfully in our day to day life and lead a healthy life is?
   1) Physical Well-being
   2) Mental Well-being
   3) Social Well-being
   4) Spiritual Well-being

2) The instance which gaining the support of society for the health promotion of school is
   1) Engage in aesthetic activities
   2) Engage in physical exercise daily
   3) Syramadana and dengue prevention
   4) Conducting mobile medical services

3) What is the need has to be satisfied for a human at first according to Abraham Maslow?
   1) Psychological needs
   2) Self actualization
   3) Security
   4) Physical need

4) The disease which affects the bone of human being is?
   1) Haemophilia 2) Thyroxin 3) Osteoporosis 4) Influenza

5) The period a child has to be fed with breast milk is?
   1) Birth to six years 2) Birth to six months 3) Birth to one year 3) Birth to 3 years

6) The disease affect girls mostly because of menstruation
   1) Haemophilia 2) Night Blindness 3) Osteoporosis 4) Thyroxin

7) What is the name of tablet which given along with iron tablet?
   1) Vitamin C 2) Vitamin A 3) Vitamin D 4) Vitamin K

8) What is the amount of milk secreted in breast feeding mothers per day?
   1) 150ml 2) 450ml 3) 750ml 4) 850ml

9) The vitamin produced in our skin is?
   1) Vitamin A 2) Vitamin B 3) Vitamin C 4) Vitamin D

10) The vitamin which is essential for the health of our eyes?
   1) Vitamin K 2) Vitamin B 3) Vitamin A 4) Vitamin C

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11) A teacher asked his student to climb up the table and bend the body front side without bending his knee and measure the distance he bent. What is the fitness of body measured here?
1) Energy 2) Flexibility 3) Velocity 4) Composition

12) The game played without equipment is?
1) Hockey 2) Koko 3) Squash 3) Water surfing

13) Within how many seconds has to serve the ball after the whistle of official signal?
1) 3 Seconds 2) 2 Seconds 3) 8 Seconds 3) 5 Seconds

14) The vitamin has to be supplied to pregnant women as a supplement?
1) A 2) B 3) C 3) D

15) The country where the ICC world Cup Cricket matches held at
1) Australia 2) England 3) India 4) Japan

16) Restricting and delaying the opportunity for the players of the opposing team to get a goal by shooting the ball after it has been passed between the members of the team is called as
1) Defending 2) Attacking 3) Shooting 4) Throw –in

17) When a football match is being played, …….. is used to bring the ball back to the court when the ball has gone out of the court across the side line. The opponents of the player who last touched the ball before it crossed the side line get the opportunity.
1) Goal keeping 2) Head pass 3) Centre pass 4) Throw -in

18) What is the distance of baton changing zone according to the International athletic reforms of 2017.11.01?
1) 20m 2) 10m 3) 30m 4) 25m

19) Which is not comes under the technique of long jump?
1) Hanging technique 2) Sail technique
3) Crouched technique 4) Hitch-kick technique

20) World Environmental Day is on
1) October 15 2) March 24 3) June 05 4) December 01

(20x2=40 Marks)

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PART II

❖ **Answer all of the following questions.**

01) 'Let's live our life healthy through maintaining good food habits'

1) Write down two nutrients which food contains.

2) Give two advantages of food for us?

3) Write down two age groups Stages where our nutritional needs change?

4) Write down two effects which caused by the bad food habits of your age group?

5) Write down two effects which affect infant if pregnant mothers don't get needed nutrients?

6) Write down two benefits of feeding breast milk for baby?

7) Write down two nutrient tablets which are given to school children?

8) Give two food items which are prohibited to sell in the school canteen?

9) Write down two things which have been taken into consideration when buying food in market?

10) Write down a disease for over consumption of each of the following food?

1. Oily food:…….

2. Food with high sugar content:……

(10x2=20 Marks)

2) 'Let's keep our wonderful body with efficient'

1) Write down two Functions of skin?
2) Write down two habits which should be kept up to maintain our teeth healthier?
3) Write down two diseases which can affect our eye?

(4+3+3=10 marks)

3) 'Let's keep our environment clean'

1) Write down the four policies for health promotion?
2) Write down 3 suggestions to prevent environmental pollution?
3) Write down 3 habits which should be followed to get rid from non communicable diseases?

(4+3+3=10 marks)

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4) 'Let's understand the rules of athletic events'

1) Write down four disqualified situations due to a fault in relay races?

2) Write down three feature of a baton?

3) Write down three instance of fault jump in long jump?

(4+3+3=10 marks)

5) 'Let's be fun by engaging in major games'

1) Write down four skills of Foot ball?

2) Write down three things which should be taken into consider when 'throw-in' in foot ball?

3) Write down goal keeping methods in foot ball?

(4+3+3=10 marks)

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