

Final Term Examination**Class-7, Subject: PE (Worksheet-9)****Chapter-4: The personal safety of adolescence****Lesson-4: Ways & means of maintaining the physical and mental health at adolescent****Subject Teacher: M A Jalil, Email: majxbn@gmail.com**

1) Q-1: What is Physical Health?

Ans: Physical Health means the good condition of the body which should be physically and mentally fit. It includes the good form of the body, natural growth, the power of capability & the body, the power of doing capability, the power of immunity etc.

2) Q-2: What is mental health?

Ans: Mental health includes the normal state of mind, one's concentration on any task and activity, trouble free mind, the capability of thinking power, the good level of intelligence etc.

3) What are the ways & means to maintain the physical & mental health?

Ans: The ways & means to maintain physical & mental health are-

If one's to live a healthy life-

- a) He/she should try to preserve his/her personal health.
- b) He/she has to build up healthful habits from the childhood.
- c) He/she has to maintain the health rules and.
- d) He/she has to maintain the following rule i.e.
 - i) Punctuality
 - ii) Cleanliness
 - iii) Regular exercise
 - iv) Rest & sleep
 - v) Taking adequate quantity of balance food
 - vi) Participation in sports & recreational activities
 - vii) Remaining in good spirit
 - viii) Don't smoke & don't take any drugs
 - ix) Reading books of pleasure
 - x) Participation in health entertainment and cultural activities and
 - xi) Is to follow the religious rites etc.

Now, you will try to answer of the following questions.

1. When does the adolescent grow up fast?
2. When does the mental faculty develop of the children?
3. Why is safe environment necessary for the children?
4. What should be done by the children in order to live a healthy life?
5. What do you mean by preservation of health?
6. When does human body start to attain growing?
7. Generally, when does a human body stop growing?
8. When does physical growth remain static?
9. When does physical growth start decaying?
10. When does one can't concentrate on his study?
11. If the body is not fit enough, then what type of effect happen of the children?
12. What do you mean by 'Body and mind complementary each other'?
13. What will you do, 'if your mind is disturbed'?
14. How will you control your emotion?
15. From where does a man learn?
16. How will you learn right things?
17. What will you do 'If anything happen peasant or unpleasant'?
18. What one should do 'In order to live a healthy life'?
19. Write down the ways and means to maintain the physical and mental health?