

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



مراجعة شاملة نهائية

موقع المناهج ← المناهج الإماراتية ← الصف الحادي عشر ← علوم صحية ← الفصل الثاني ← الملف

التواصل الاجتماعي بحسب الصف الحادي عشر



روابط مواد الصف الحادي عشر على تلغرام

[الرياضيات](#)

[اللغة الانجليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

المزيد من الملفات بحسب الصف الحادي عشر والمادة علوم صحية في الفصل الثاني

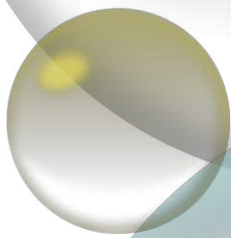
حل مذكرة نهائية شاملة	1
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Health Sciences Review

11 General

مراجعة 11 عام
Term2 (2023-2022)

Maitha Taleb Ghareeb



NUTRITION

Health promotion

Health education:

- #Individual
- #Group
- #Mass

التعزيز قوي وضخم
 لدرجة أنه يغير شكل
 الدول وسياساتها
 وليس فقط تعليم
 الناس!

3 pillar = cities + literacy + governance

Ottawa charter = 3 strategies + 5 action areas

5 action areas = 5 approaches

Contemporary healthy problems

UAE:
 (NCDs + road accidents + mental health)

Globally:
 (poverty + NCDs + climate change + mental health)

Health promotion campaigns in the UAE

- Ma'kom program
- Breast cancer awareness
- Keep on beating
- COVID-19
- Mention it
- RAK diabetes screening services

How to plan a campaign?

1) Needs assessment


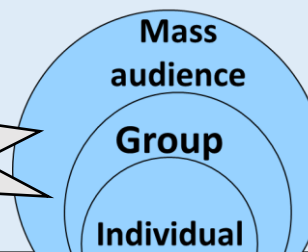
2) Target setting

3) Planning

UNIT 5



عبدالله

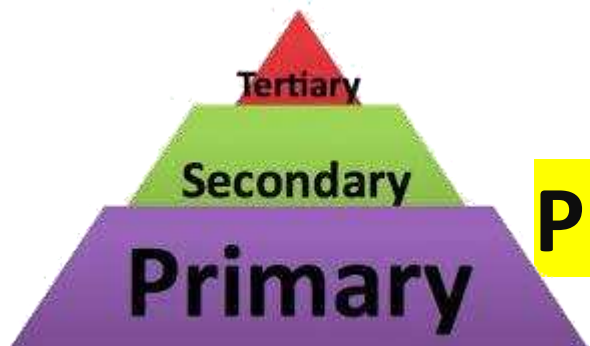
<p>Term</p>	<p>Health promotion التعزيز/ الرقي الصحي</p>	<p>Health education التعليم الصحي</p>
<p>Definition</p>	<p>The process of enabling people to increase control over, & to improve their health. (advertising)</p>	<p>It uses medical sciences to educate people about issues relating to health & wellbeing. <u>Educating</u> (area of study) تدريس</p>
<p>Aim</p>	<p>Encourage people to live a healthy lifestyle</p>	
<p>Who is responsible? من المسؤول</p>	<p>Everyone/ anyone</p>	<p>Health professionals/ educators</p>
<p>Methods أدواته</p> <p>List the ways in which health promotion can happen.</p>	<p>1. Posters in public places 2. Leaflets/ brochures/ billboards 3. Health screenings فحوصات روتينية / مسح</p>	<p>1. Schools/ universities 2. Local communities المؤسسات المحلية 3. Medical settings</p>
<p>4. Mass media: TV/ radio/ newspaper/ magazines/ internet/ phone apps</p>		
<p>Approaches أساليبه</p>  <p>قبل وقوع الأذى أو المرض ويكون يفرض مجموعة من القوانين العامة كمنع التدخين مثلاً وبالتطعيمات للوقاية. بعد وقوع الأذى أو المرض ويكون بالعلاج. إذا كان الشخص يعاني من مرض أو حالة مزمنة لا بد أن يتعايش مع حالته ويسيطر على مرضه ليتمكن من العيش حياة طبيعية قدر المستطاع.</p>	<p>1. Behavioral change (targeted at risk groups) 2. Client-centered (one-to-one “individual/ client + health professional”) 3. Socio-environmental اجتماعي بيئي: A. Create a healthy environment “e.g., gardens” B. Changing public policy C. Working with communities to improve health services 4. Educational (uses health education) 5. Preventative medical approach: الطب الوقائي (كيف نتعامل مع المرض أو الأذى؟) A. Primary (before injury/ disease): immunization via <u>vaccination/ laws</u> such as wearing seatbelt B. Secondary (after injury/ disease): <u>treatment</u> C. Tertiary (chronic disease/ long-term condition): <u>managing the disease or condition</u></p>	<p>1. Individual approach: one-to-one health education. فردي 2. Group approach: educates a group via lectures & workshops. جماعي 3. Mass audience approach uses mass media to reach large audience/ population. جماهيري / عالمي. Mass لكل الناس!</p>  <p>تقسم الأساليب على حسب عدد الأشخاص الذين يتلقون التعليم</p>

Both share the same aim!



List the approaches to health education.

Define each approach to health education.



Prevention:

Before a disease/ injury

Primary prevention (public health):

- *Immunization (vaccination against diseases).
- *Policies & laws to keep people safe.
- *Education about a healthy lifestyle.



After a disease/ injury

Secondary prevention (medication):

- *Health screening for early detection of disease.
- *Regular health checks.
- *Diagnosis & treatment.

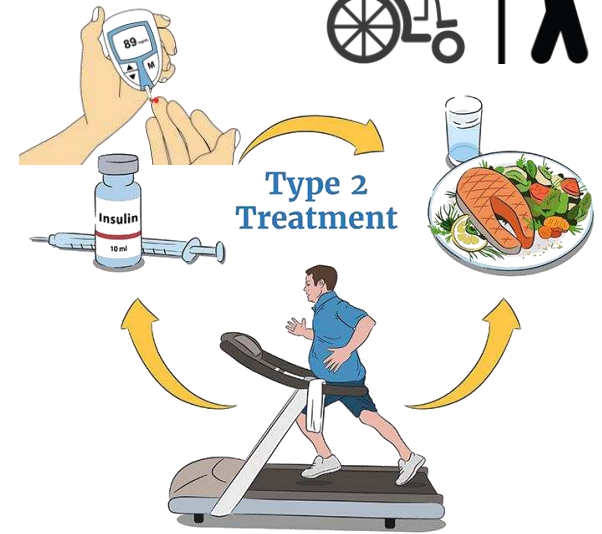


Chronic condition

Tertiary prevention:

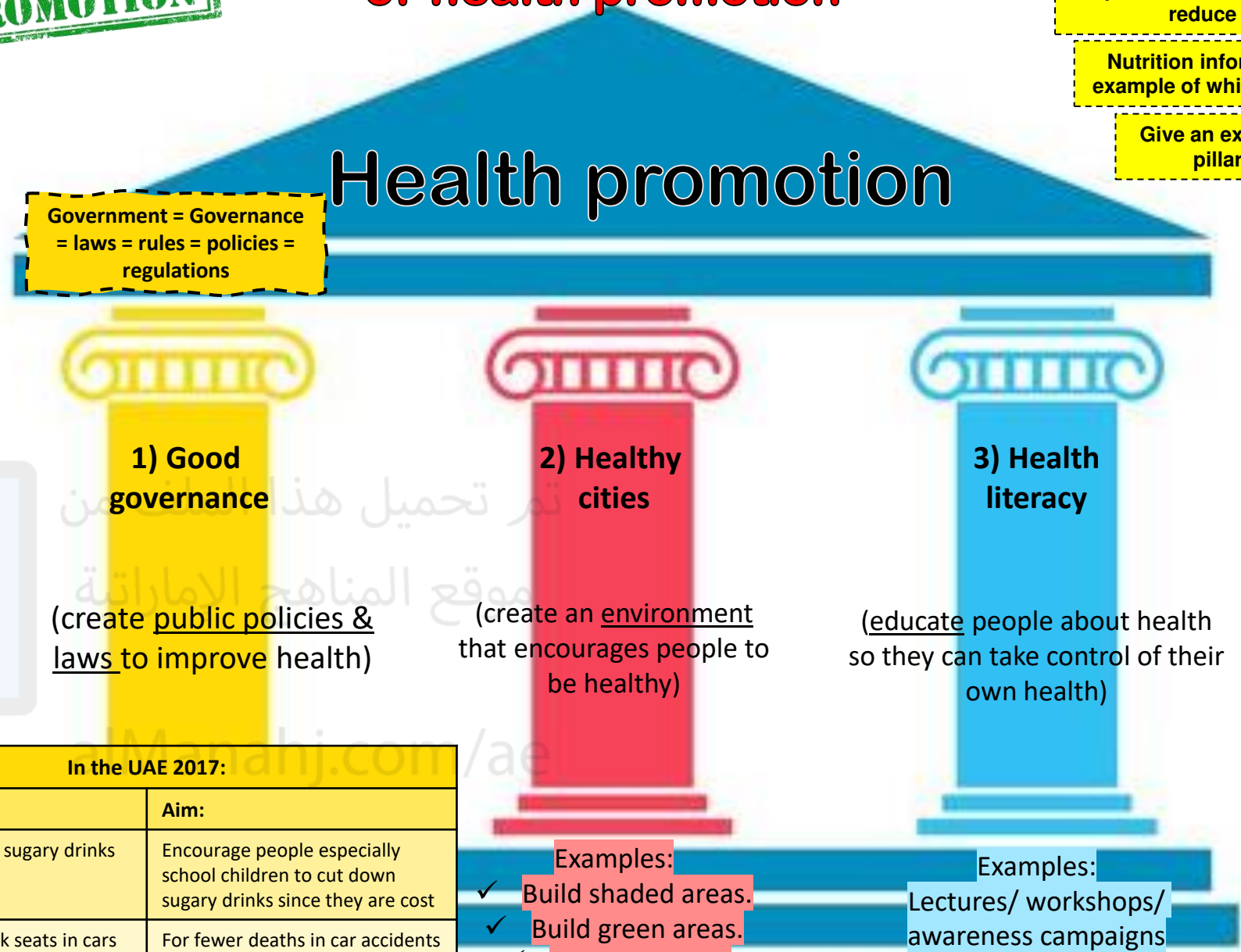
Manage the chronic condition:

- *Health education on how to control their disease
- *Physiotherapy/ rehabilitation
- *Regular medicine prescription
- *Support groups for people with the same illness (group therapy)





The 3 pillars of health promotion



Government = Governance
= laws = rules = policies = regulations

1) Good governance

(create public policies & laws to improve health)

2) Healthy cities

(create an environment that encourages people to be healthy)

3) Health literacy

(educate people about health so they can take control of their own health)

Explain a law that was introduced in the UAE to reduce road traffic accidents.

Nutrition information on a food label is an example of which pillar of health promotion?

Give an example of the healthy cities pillar of health promotion.

In the UAE 2017:	
Law:	Aim:
50% tax added to sugary drinks	Encourage people especially school children to cut down sugary drinks since they are cost
Passengers in back seats in cars must wear seat belts	For fewer deaths in car accidents

- Examples:
- ✓ Build shaded areas.
 - ✓ Build green areas.
 - ✓ Sport events & compactions.

- Examples:
- Lectures/ workshops/ awareness campaigns

Ottawa Charter for Health Promotion:

WHO created the Ottawa Charter for Health Promotion as a **framework** for health promotion.



- ✓ **Community events: e.g., fitness challenges & competitions.**
- ✓ **Building community centers: e.g., sport clubs**

Ottawa charter

3 strategies

5 action areas

1 STRENGTHEN COMMUNITY ACTION

Health education

2 DEVELOP PERSONAL SKILLS

e.g., parks/ bicycle lanes

3 CREATE SUPPORTIVE ENVIRONMENTS

5 Areas

ENABLE 1

MEDIATE 2

ADVOCATE 3

3 Strategies

Change the focus of health services to not only treat, but to provide screening & vaccination

4 REORIENT HEALTH SERVICES

5 BUILD HEALTHY PUBLIC POLICY

Laws & regulations

Enable: تمكين
Enables everyone to have fair & equal **access to resources & info.** that impact health.

Mediate: توسيط
Sectors & organizations are working together.
Including: governments/ nongovernmental organizations/ community groups/ schools/ media etc.

Advocate: تأييد
Overcome barriers:
Personal/ social/ environmental issues

U5: Health promotion

Note contemporary = modern = current = going on in the present time = today

Contemporary health problems **المشاكل الصحية الحديثة**
(new health problems that affect people **today**)

L4: Contemporary health problems

Health problems **in the past** are different.
Developing vaccines & antibiotics helped to control disease such as: yellow fever/ bacterial infections/ poliomyelitis disappeared!

Shorter **life-expectancy**
(in the UAE "1791: 62 years" / "2021: 78 years")

- Lower quality of life
- Higher infant mortality/ death
- 17th October is the "International Eradication of Poverty Day" **اليوم العالمي للقضاء على الفقر**

- Increase respiratory diseases
- Non-communicable diseases
- Death

Examples: obesity/ type2 diabetes/ heart diseases/ stroke/ cancer/ Alzheimer's disease/ kidney diseases/ COPD "Chronis Obstructive Pulmonary Disease"

The main cause of deaths globally:

- In 2019, 7 out of 10 deaths
- 74% deaths globally

Unhealthy life-style: **نمط الحياة غير الصحي**

- Poor nutrition:** **سوء التغذية**
 - Eating too much fast food
 - Drinking sugary drinks
- Not doing enough physical activity** (lack of physical activity)

Mental disorders **الأمراض النفسية** the leading cause of illness & disability amongst young people especially.

Globally **عالمية**
(the whole world)

UAE:

1) **Poverty & inequality** **الفقر وعدم المساواة**

2) **Climate change** **تغير المناخ**
"pollution + weather & temperature change"

3) **Non-communicable diseases** **الأمراض غير المعدية "المزمنة" (NCDs)**

4) **Nutrition & physical activity** **التغذية والنشاط البدني**

5) **Mental health** **الصحة العقلية**

1) **Non-communicable diseases** **(NCDs)**

2) **Road accidents & injuries** **إصابات الطرق والحوادث**

3) **Mental health**



Cardiovascular Diseases



Chronic Respiratory Diseases



Diabetes



Cancer

The **biggest cause of deaths** in the UAE

Health education & promotion intervention targeting people from (25-34 years old)
Highest mortality rate is within this range!

In 2016, UAE government chose a "minister of happiness & wellbeing" **Who is job to:** (monitor the UAE plans/ programs & policies)

Some of the initiative: **بعض المبادرات**

- Establishing offices for happiness & wellbeing
- Transforming customer service centers into customer **happiness centers** (do survey & reports to measure happiness)

According to the World Happiness Report 2021:
UAE ranked:

- 1st in happiness for 7 consecutive years among Arab countries.
- 4th best place to live & work in the world.

What is a contemporary health problem?

List contemporary health problems in the UAE.



وزارة الصحة ووقاية المجتمع
MINISTRY OF HEALTH & PREVENTION

Intervention in the UAE:

Describe the purpose of the 'Keep on Beating' health promotion campaign.



Men! Have a health concern?
Then MENTION It to your doctor.



Ma'kom programs
(created by MoHAP)

- Ma'kom for a healthier life
- Ma'kom for ideal weight
- Ma'kom for an active lifestyle
- Ma'kom for a balanced diet

Mobile app:
Health Heroes
Aim: reduce childhood obesity in the UAE
Targeted audience: children



Health Heroes APK for Android Download (apkpure.com)

Campaign: Beat the habit
Aim: cutting down sugar
Targeted audience: everyone in the UAE



Breast cancer awareness
(October is breast cancer month)

Aim: awareness of breast cancer & importance of screening (mammogram)
Targeted audience: females/ women (especially over the age of 40)

Explain a law that was introduced in the UAE to reduce the spread of COVID-19.

Which health promotion campaign in the UAE had the aim of increasing heart health?

COVID-19

Multiple health promotion campaigns ranging from:
stay-at-home
PCR testing
Wearing PPE
Social distancing
Hand hygiene
Vaccination



Keep on Beating

2 goals to achieve:
1) Raise awareness of cardiovascular disease & the risk factors (smoking/ malnutrition/ inactivity/ stress)
2) Help people recognize when they might be at risk.

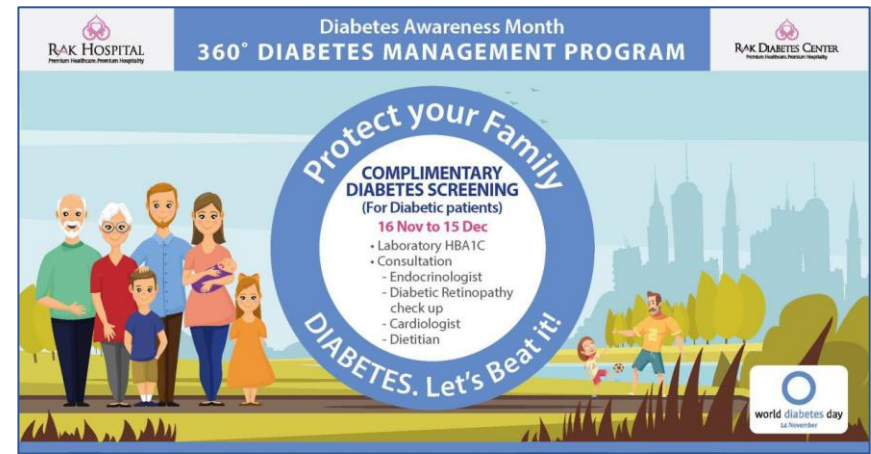


Hospital campaigns:

كليفلاند كلينك أبوظبي
Cleveland Clinic Abu Dhabi

Campaign: Mention It اذكرها
Aim: encourage men in the UAE to address their health issues
Targeted audience: males/ men
Created by **Cleveland Clinic Abu Dhabi**

RAK hospital provided free screening for diabetes to help them control their illness.
Diabetes awareness month (16 Nov to 15 Dec)





How to plan a health promotion campaign
 كيف نخطط لحملة تعزيز صحي؟

List two things you must complete when planning a health promotion campaign.

What information is included in target setting when planning a health promotion campaign?



1) Needs assessment
 حصر الاحتياجات

- 1) **Collect information** about health problems & issues. (interview/ survey/ questionnaire)
- 2) Make a list of health problems.
- 3) Choose one problem.
- 4) Inform your group.

2) Target setting
 تحديد الأهداف



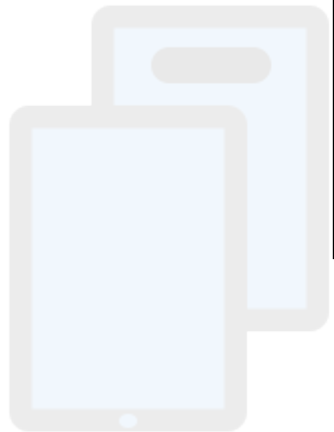
- 1) Aims to achieve.
- 2) Specify **targeted audience**.
- 3) The **outcome** & benefits of the program.
- 4) Program **time**.





3) Planning
 التخطيط

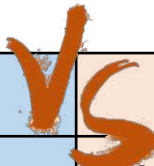


- 1) Program aims/ objectives.
- 2) Targets/ goals to achieve.
- 3) Activities.
- 4) Assign responsibilities.
- 5) Budget.
- 6) Schedule.
- 7) Resources/ equipment needed.
- 8) How to measure the outcome.
- 9) Back-up plan.

~~PLAN A~~
 PLAN B



	Public health	Medicine
Aims (focus)	It deals with diseases before they happen (primary prevention)	Diagnose (تشخيص) & <u>treat</u> individual health problems (secondary prevention)
Targeted audience	Entire population	Focus on one person (individual patient)
Methods	Prevent us from getting sick from the first place by: <ul style="list-style-type: none"> ✓ Vaccination ✓ Disease prevention & health promotion ✓ Education ✓ Public policies  	Treatment include: <ul style="list-style-type: none"> ✓ Prescribing medication ✓ Surgery ✓ Education  <p>Client-centered approach/ individual education: Healthcare professionals as educators (L8)</p> 
Overall health (same goal)	Improve the overall health of people	
Evidence-based information	Need to make informed decisions about the correct way to treat & prevent diseases. <u>Using: research + previous experience</u>	



موقع المنهجية
 من الملف هذا
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Who is responsible for health promotion?

Healthcare professionals

Schools

Health services

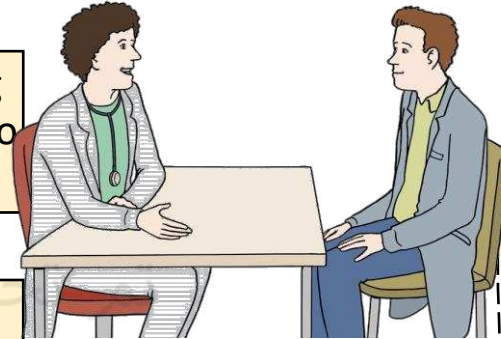
Governments

What is the role of healthcare professionals?

Diagnose & treat patients

Educators

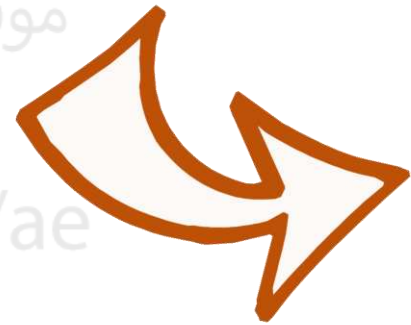
Consultation (educating & encouraging patients to live a healthy lifestyle)



Patients will make healthier choices

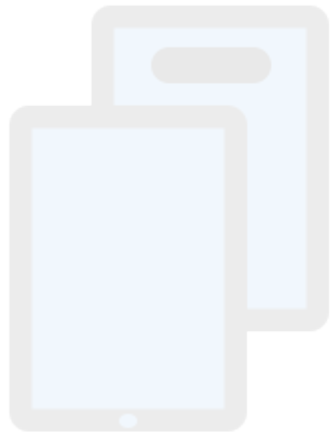
People are less likely to become sick

Less medical care is needed



Why educating patients is important?

- ✓ Reduces the chance of developing diseases such as obesity.
- ✓ Lower errors in medication, if the patient knows how & when to take their medicine.
- ✓ Less visits to the hospital are needed if the patient learned how take their own measurements.
- ✓ Better disease management.
- ✓ Faster recovery.
- ✓ Independent patient.



موقع الأستاذة الجراحاتة
 تحميل هذا الملف من
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Nurses play a vital role in making their patients feel better.

Example:

A nurse teaching a diabetic patient how to measure glucose level

The patient will measure their own glucose level at home

Better management of blood sugar

Less visits to the hospital

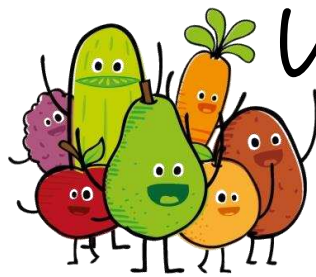


تم تحميل هذا الملف من

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Unit 6



Nutrition

Food groups:

1) Cereals

2) Egg + meat + legumes

3) Milk + dairy

4) Fat
(9 kcal/g)

5) Fruits + vegetables

أكبر مجموعة لتحصيل الطاقة
أكبر ← كارب

Carb
(4 kcal/g)

Protein
(4 kcal/g)

Vitamins + minerals

Nutrients

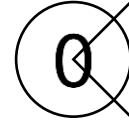
Macro-

Micro-

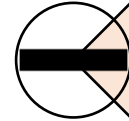
Energy balance = input - output



Positive energy balance = weight gain



Perfect energy balance = no change in weight

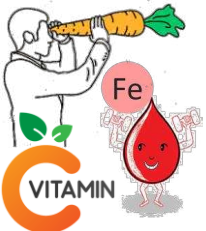
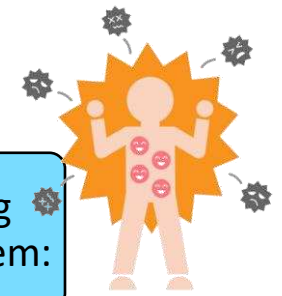
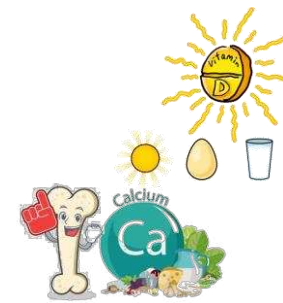


Negative energy balance = weight loss

For a strong immune system:

Natural vitamins & minerals from food

Synthetic vitamins & minerals (supplements)



عبدالله



List the name of a fruit.

Nutrition
Food groups

The process of getting nutrients and energy from food and drink to maintain health.

1) Fruit & vegetables
(5 servings)

2) Cereals & their products
(5-8 servings)

3) Milk & dairy products
(3 servings)

4) Meat, eggs & legumes
(2-3 servings)

5) Fats

Provide: vitamins + minerals + fiber

Low in calories and contain water

Orange, red yellow fruit, contain carotenes

Simple carbohydrates

Complex carbohydrates:
Wholegrain bread & cereals



- SIMPLE CARBS**
- SUGAR, SWEETS
 - CEREALS, PASTRIES
 - REFINED BREADS

- COMPLEX CARBS**
- VEGETABLES, FRUITS
 - NUTS, LEGUMES
 - WHOLE GRAINS

Benefits include:

- ✓ Provide the body with carbohydrates/ fibers/ B vitamins.
- ✓ Main source of energy.
- ✓ Wholegrains are healthier.

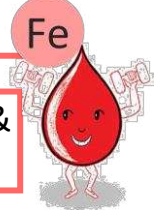
A good source of Ca²⁺ & protein.

Low-fat dairy products are recommended over full-fat version.

Non-dairy alternatives: soya/ rice/ almonds can be chosen.



A source of protein & iron.

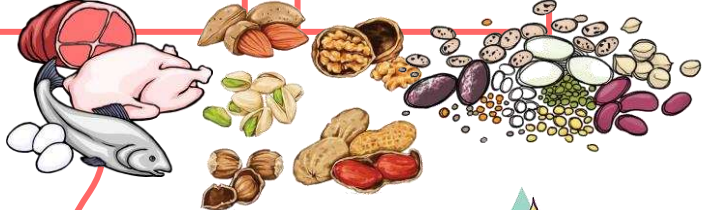


Meat sources

Non-meat sources

Red meat/ poultry/ fish/ egg

Nuts/ legumes or pulses



For fish:

- ✓ At least 2 portions of fish weekly, including 1 of oily fish (salmon/ tuna/ sardines).
- ✓ Provides omega3 & lower LDL.



Give the body energy & protect vital organs

Unhealthy:
Saturated & trans-fat
دهون مشبعة ومتحولة
(limit them)

Healthy:
Un-saturated fats
دهون غير مشبعة



- Un-saturated fats**
- Nuts
 - Seeds
 - Olive oil
 - Rapeseed oil
 - Avocados
 - Oily fish (e.g., salmon & trout)



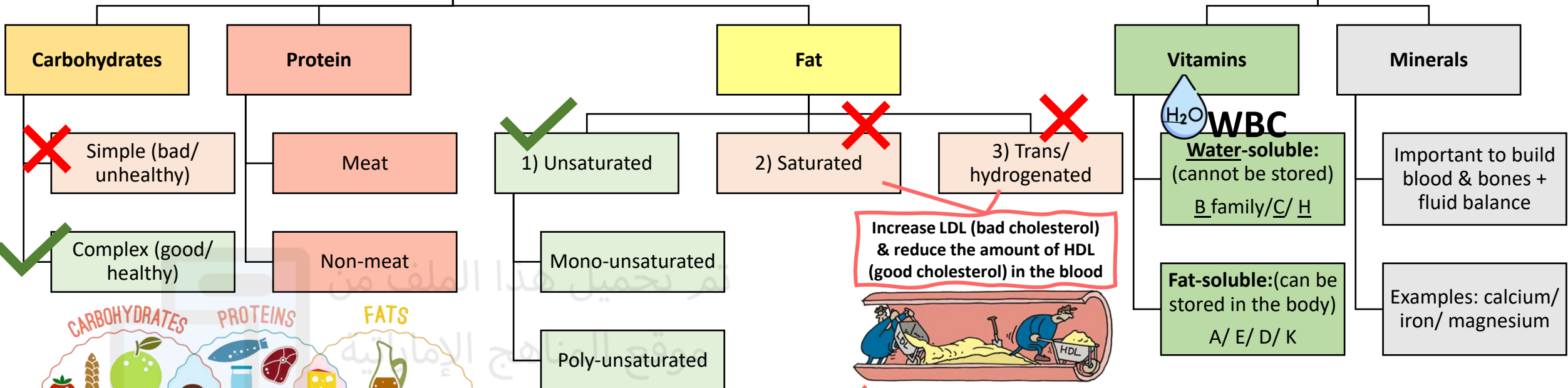


Nutrients المواد الغذائية

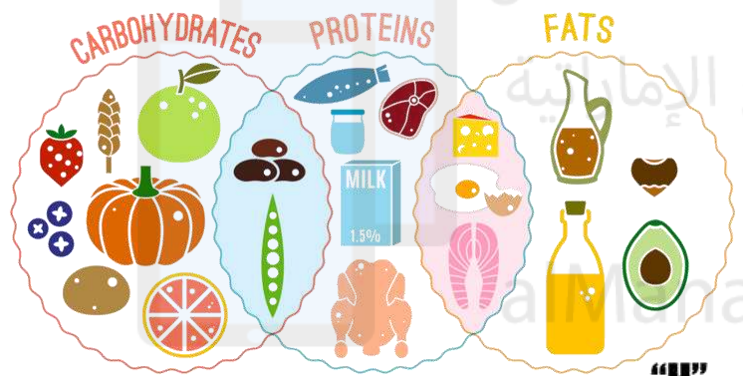
Define macronutrients.
Define micronutrients.

Big
Macro-nutrients:
Needed in large amounts

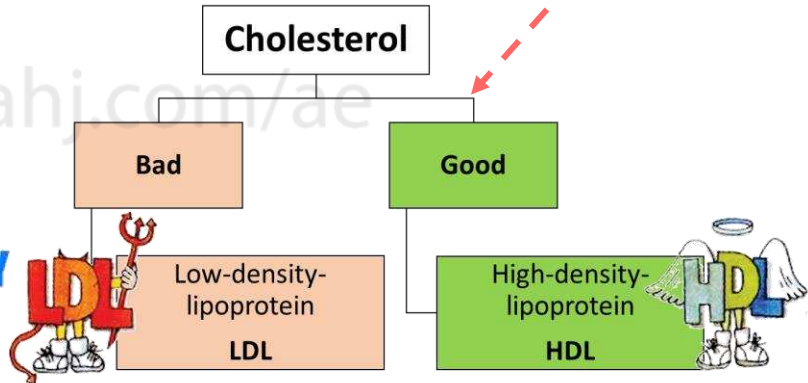
Small
Micro-nutrients:
Required in small amounts



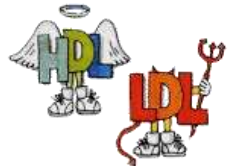
Increase LDL (bad cholesterol) & reduce the amount of HDL (good cholesterol) in the blood



"H" is for HEALTHY
"L" is for LETHAL



Main food groups:	Main nutrients they provide:
Fruit	Fiber/ vitamins/ minerals
Vegetables	Fiber/ vitamins/ minerals
Cereals and their products	Carbohydrates/ fiber/ B vitamins
Milk and dairy products	Calcium/ protein
Meat, eggs and legumes	Protein/ iron
Fats	Omega3/ omega6



Hi! Let's be friends!

Germs

Immune system

No fight

=

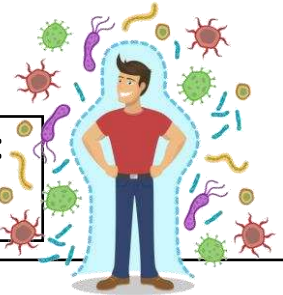
Weak immune system

Come + promise

فكرة الطالبة: اليازية حمدان

Immuno**compromised** (weak immune system 😞)

Immunity boosters: المعززات المناعية



Synthetic vitamins & mineral
فيتامينات ومعادن مصنعة

Natural/ food

Supplements: المكملات الغذائية

Fruits & vegetable (micro-nutrients)

SUPPLEMENTS

- Forms: أشكالها
- #Pills حبوب
- #Capsules كبسولات
- #Gel
- #Liquid شراب
- #Powder

Vitamin B6

Benefits: helps the body to make **antibodies** which are needed to fight against disease.

Sources: fish (such as tuna)/ poultry/ nuts & seeds (such as cashews and sunflower seeds)/ dates/ avocado/ bananas

Vitamins:

Minerals

Vitamin A:
Orange-colored fruits & vegies

Contain **carotenes!**

Vitamin B6:
Antibodies

Vitamin C

Vitamin D:
Helps to build strong bones

Copper: النحاس
Whole grains

Selenium:
Seeds (sunflower seeds)

Iron: الحديد
Red-meat

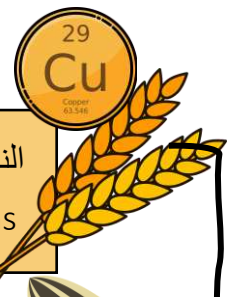
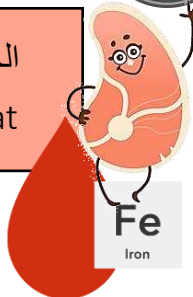
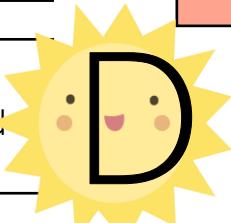
Zinc (Zn):
Wholegrains / seeds/ red-meat

Vitamin C

Benefits: necessary for the growth, development and repair all body tissues.

Sources: citrus fruits (such as oranges)/ tomatoes/ peppers/ strawberries/ **green leafy vegetables** (such as broccoli and spinach)

Give an example of a green leafy vegetable.



How many calories should the average **healthy man** eat per day?

How many calories should the average **healthy woman** eat per day?

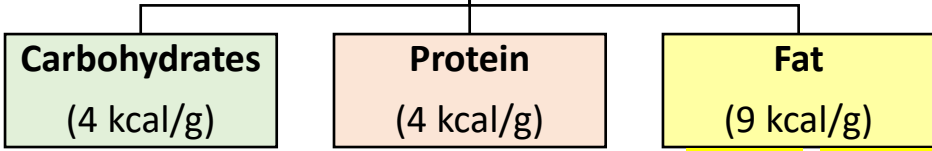
Daily calorie requirements change depending on the following factors:

- **Age** (as you age you need fewer calories)
- **Body size** (height & weight people with smaller size need less calories)
- **Gender** (men needs more calories than women)
- **Physical activity level** (the more active you are, the more calories you need)

Generally:

- ✓ The average **female/ woman** requires 2000 kcal/ day
- ✓ The average **male/ man** requires 2500 kcal/ day

Calories السعرات الحرارية
(energy from food/ macronutrients)



Our body uses calories (energy) from food for **walking, thinking, breathing** & other important functions.

To find out calories that come from a macronutrient:

Macronutrient (grams)	X	Calories per gram
-----------------------	---	-------------------

Example:
Calculate how many calories you would get from fat, protein and carbohydrates if you ate pizza that had **80g of fat, 180g of carbohydrates and 73g of protein.**

Calories from fat: $80 \times 9 = 720 \text{ kcal}$

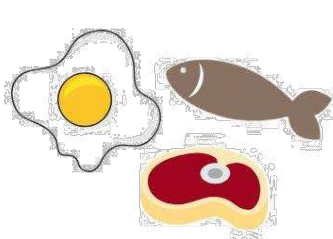
Calories from carbohydrates: $180 \times 4 = 720 \text{ kcal}$

Calories from protein: $73 \times 4 = 292 \text{ kcal}$

Total calories: $720 + 720 + 292 = 1732 \text{ kcal}$

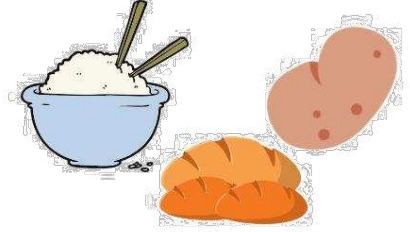


Macros - Calories per Gram



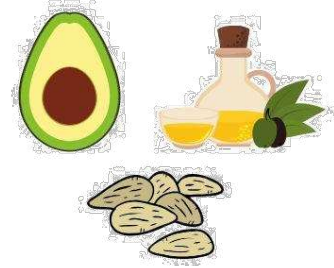
EXAMPLES: MEAT, FISH, EGGS, PROTEIN POWDER, PROTEIN BARS

Protein (4 cal/g)



EXAMPLES: RICE, PASTA, BREAD, FRUIT, POTATOES, STARCHY VEGETABLES

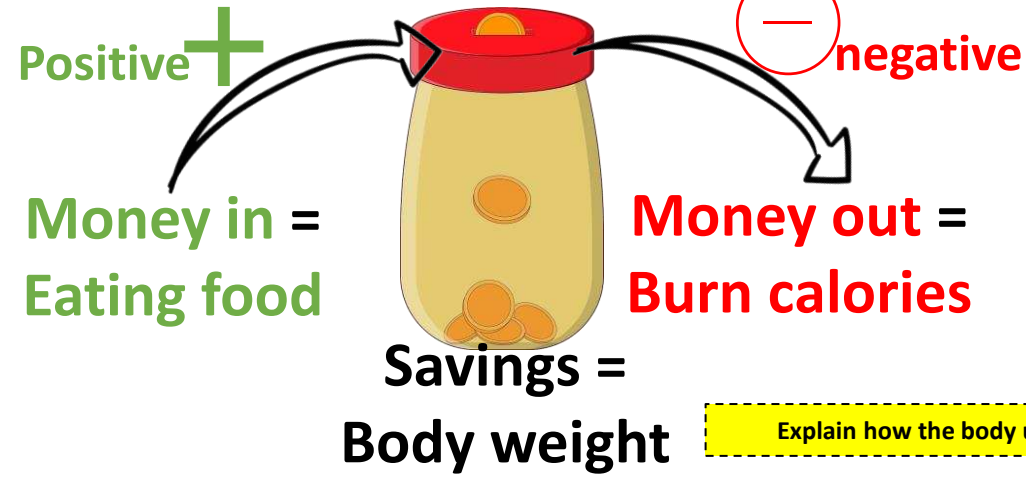
Carbs (4 cal/g)



EXAMPLES: HEALTHY OILS, AVOCADOS, NUTS AND SEEDS, FATTY FISH, FULL-FAT DAIRY

Fats (9 cal/g)

- Calculate how many calories are in 5 grams of fat.
- Calculate how many calories are in 9 grams of protein.



Explain how the body uses calories.

Positive effect = Weight gain



negative effect = Weight loss



Energy in (eat)

Energy out
Calories you burn when you:
Exercise

60-75% of the calories are used to survive & carryout process such as digestion

Energy balance = energy **input** – energy **output**
eating burn

Examples:

Calculate energy balance for each case:

- 1) Fatima had breakfast (400 calories) and then went for a walk (600 calories).

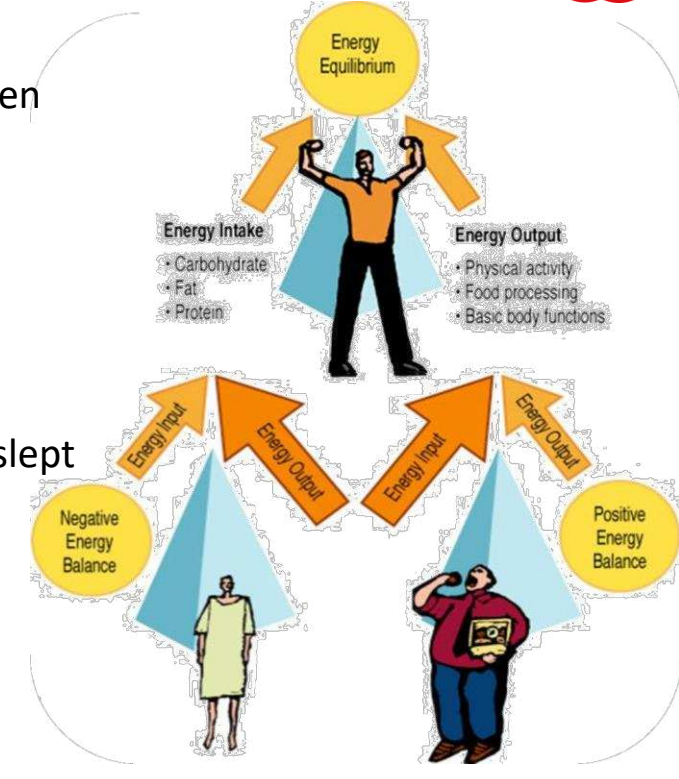
Energy balance = input – output
= 400 – 600
= -200 (negative effect)
weight loss
خسارة وزن

- 2) Salem had dinner (700 calories) and then slept for 5hr (400 calories).

Energy balance = input – output
= 700 – 400
= 300 (positive effect)
weight gain
زيادة وزن

- 3) Ali ate 2500 calories and burned 2500 calories.

Energy balance = input – output
= 2500 – 2500
= 0 (perfect energy balance)
weight maintenance (no change)
حفاظ على الوزن بدون زيادة أو نقصان




Important note: energy & weight

Negative energy balance (-) = weight loss

Positive energy balance (+) = weight gain


Perfect energy balance (0) = no change

serving size




is a **suggested** amount of food to be eaten in one sitting

portion size



is the amount of food we **choose** to eat in one sitting



How to measure a portion size?

Serving size: the **recommended/suggested** amount to eat in one sitting.

Portion size: how much a **person chooses** to eat at one time.

Portion control: making sure to not overeat. Overeating is the main cause of obesity

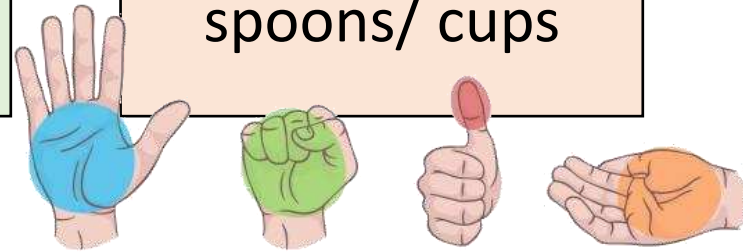
Wight your food (the best & most accurate way)

Practical measures (sensible portion size)



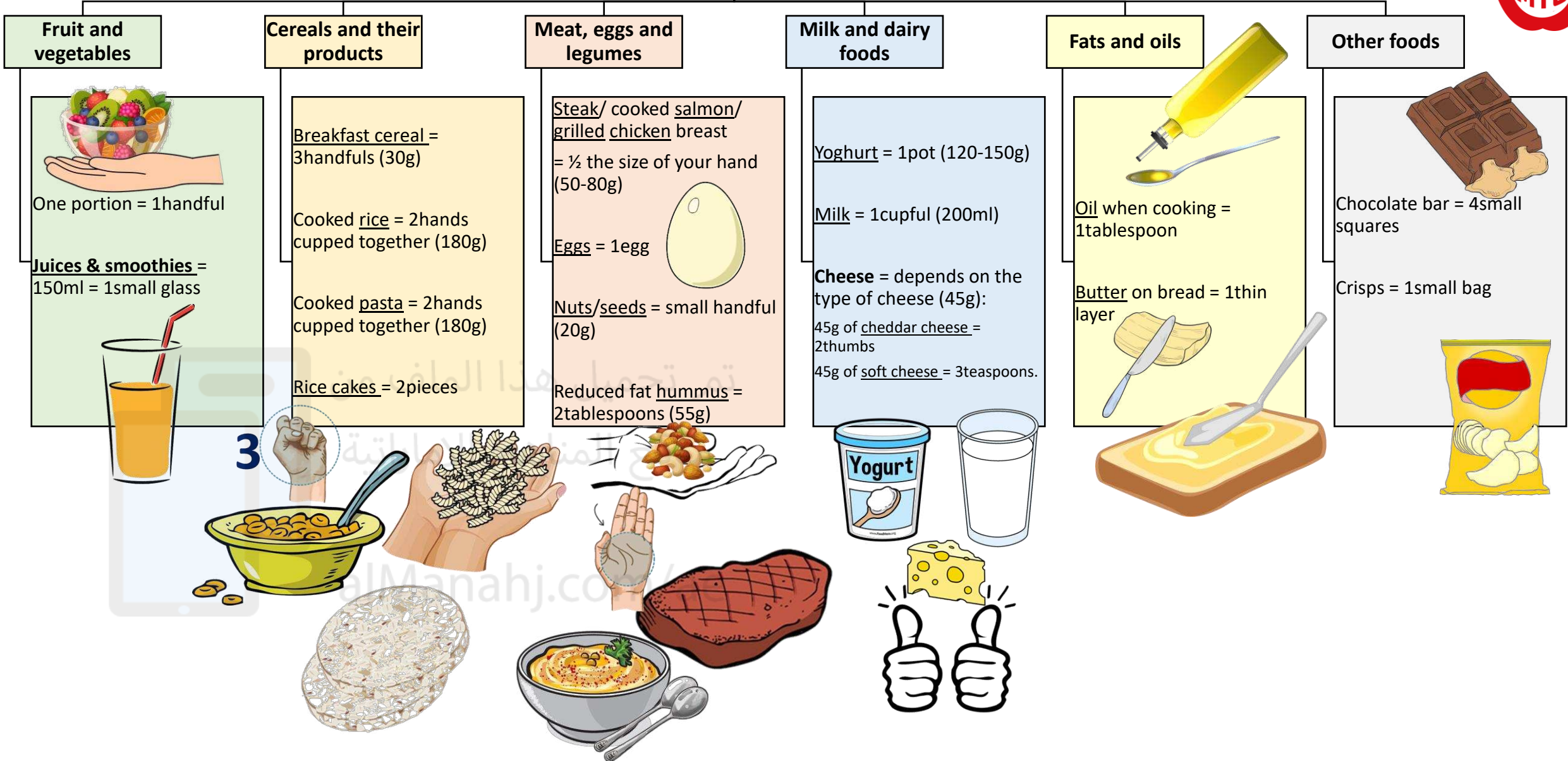
Food scale (in grams "g")

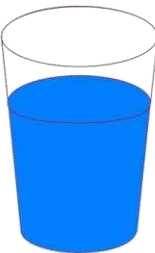


Using: hands/ spoons/ cups

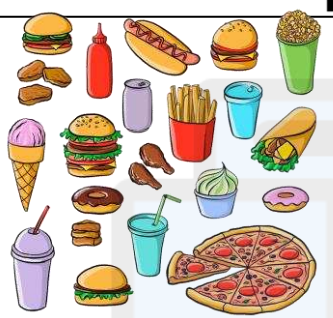




Portion size



<h3>Zero calorie</h3>  <p>Water</p>	<h3>Empty calorie</h3>  <p>Carbonated water + sugar + flavors</p>	<h3>Nutrient dense</h3>  <p>Protein + Ca²⁺ + fats + carbs + vitamins B12 & other vitamins & minerals</p>
--	--	---



Low nutritional value
سعات حرارية مجنونة على الفاضي

Nutrient-rich
(nutritious food مغذي)

Empty calories: foods that have little or no nutritional value.

Examples include:

- Cakes
- Biscuits
- Sweets
- Pastries
- Donuts
- Ice-cream
- Fizzy drinks

TACO SALAD + WATER



417 calories

MCDONALD'S MEAL

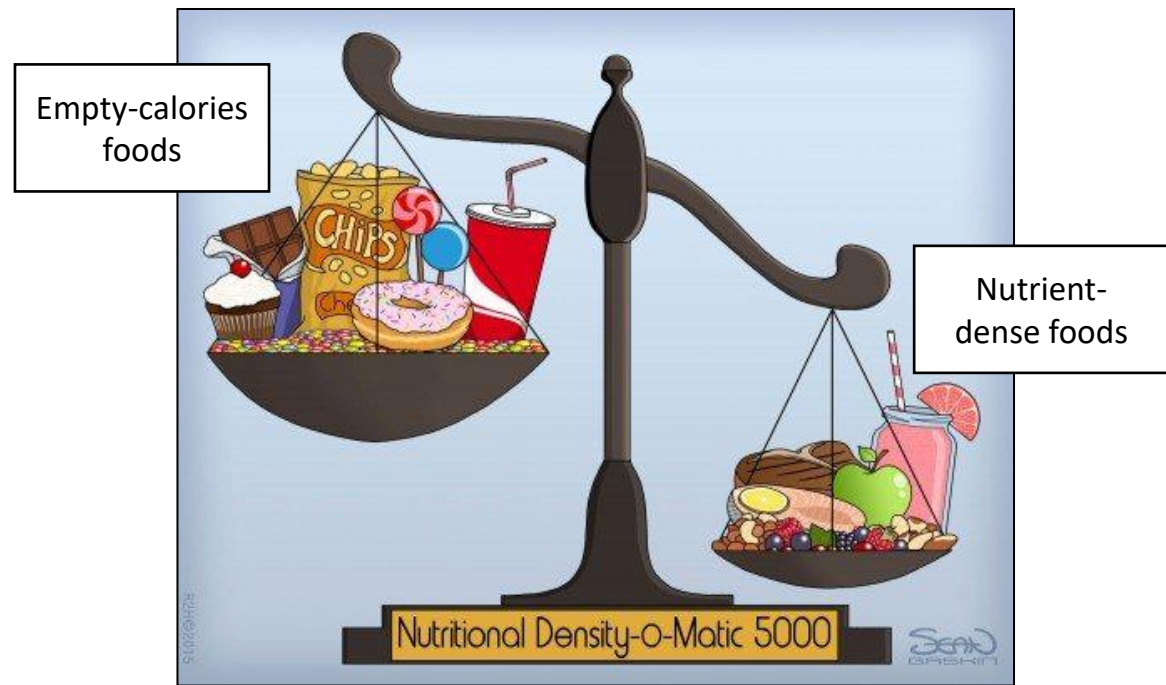


1,090 calories

VS



Empty-calories foods vs. nutrient-dense foods:



Category	Empty-calories foods	Nutrient-dense foods
Calories	High	Low
Nutritional value	Low	High
Impact on health	Negative	Positive
Examples	Sugars/ solid fats: fast food, butter, sweets, biscuits	Fruits, vegetables, grains, meat, fish

U6: Introduction to nutrition

Dietary guidelines: tell people what they should be eating

Each country has its own food-based dietary guidelines.

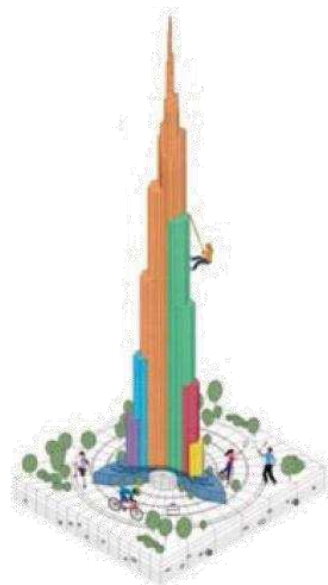
Dietary guidelines help to educate people about healthy balanced diets.

Many countries use models to visualize their dietary guidelines.



L7: Healthy food choices and dietary guidelines

National Nutrition Guide



- Vegetables
- Fruits
- Fats
- Water
- Cereals and their products
- Milk and dairy foods
- Meat, eggs and legumes

#In the UAE, the model which is used is called the **National Nutrition Guide**.

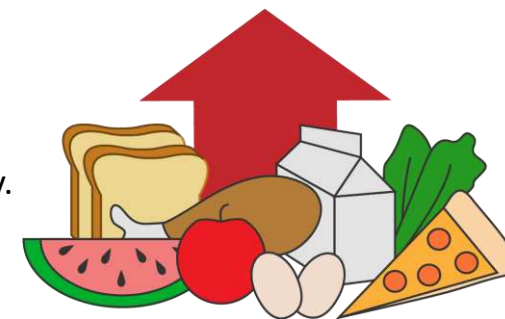
#This model shaped like Burj Khalifa.

#It is divided into 6 food groups & the 7th group is water at the base of the tower.

The UAE National Nutrition guide is shaped like which landmark?

General dietary guidelines:

- ✓ Eat a variety of foods each day.
- ✓ Try to eat enough fruit and vegetables every day.
- ✓ Regularly choose meat, fish, eggs and legumes.
- ✓ Make sure that your diet has enough milk/ cereals and their products.
- ✓ Reduce your intake of foods that are high in fat/ sugar/ salt.
- ✓ Consume enough water every day.
- ✓ Keep a healthy weight for your height.
- ✓ Make physical activity part of your daily routine.



U6: Introduction to nutrition



Understanding food labels
(food label can tell you about:)

الملصق الغذائي "أي معلومة موجودة على المنتج الغذائي مثل بلد المنشأ/ تاريخ الانتاج والنتهاء/ المحتويات/ الحقائق الغذائية"

- Where the food was made/country of origin
- The ingredients
- Expiry & production date
- Nutritional facts (the amount of food that is in a serving + number of calories)

Bad (try to limit these)	Good (get enough of these)
Calories (too much add to your weight) Saturated & trans fats Cholesterol Sugar Sodium	Fibers Vitamins Minerals (Ca/ Fe/ K) Unsaturated (mono/ poly) Protein

1. Serving Information
2. Calories
3. Nutrients

ملاحظة مهمة: المعلومات الخاصة بالسعرات الحرارية والمواد الغذائية تخص حصة غذائية واحدة فقط.

Nutrition Facts

4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4. Quick Guide to percent Daily Value (%DV)
 • 5% or less is low
 • 20% or more is high



Example:

Sodium 870mg → Choose the lowest! → Sodium 480mg

Nutrition Facts	
2 servings per container	
Serving size	1 cup (140g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 5g Added Sugars	10%
Protein 3g	

Number of servings per container

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g

This is for 1 serving only!

Nutrition Facts	
2 servings per container	
Serving size	1 cup (140g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 5g Added Sugars	10%
Protein 3g	

These info is for 1 serving only!

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	52%
Iron 6mg	10%
Potassium 240mg	6%

Macro-

Micro-

How many grams are in one serving of this food item? **140g**

How many calories are there per serving of this food? **230 calories**

How much protein is in the full container of this food?
There are 2 servings
Protein weight = 2 X 3 = **6g**

What micronutrients can be found in this food?
Vitamin D/ calcium/ iron/ potassium

How many servings are in this container? **2**

How many calories are in the full container of this food?
The container has 8 servings
Total calories = 8 X 230
Total calories = **1840 calories**

How many calories come from protein in this food?
There are 6g of protein in this food item.
Calories from protein = 6 X 4 = **24 kcal**

What macronutrient is present in the highest amount in this food?
Carbohydrate (46g)

U7: Cardiopulmonary resuscitation

MTC

Basic health assessment
التقييم الأساسي للصحة

Vital signs:
المؤشرات الحيوية

Body temperature
(36.5-37.2 °C)

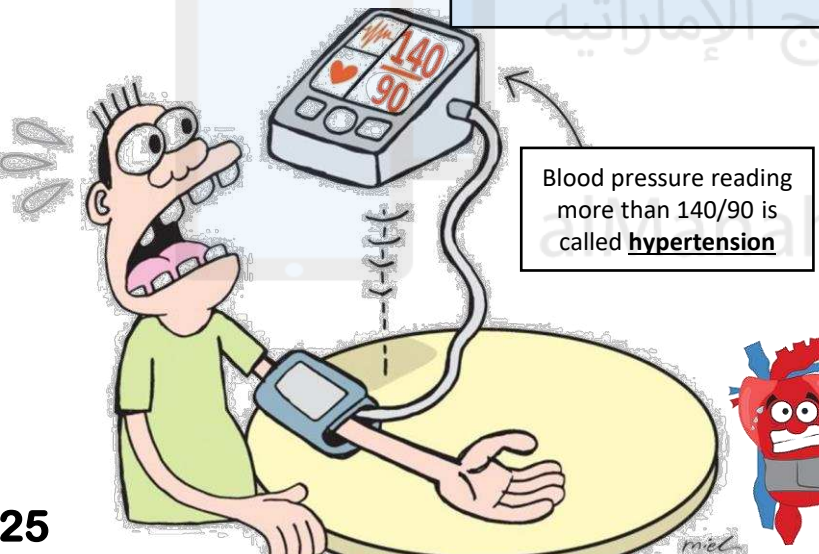
Lungs:

Respiration/ breathing rate
معدل/ سرعة التنفس
(12-20 BPM)

Heart:

Pulse/ heart rate
معدل/ سرعة النبض
(60-100 BPM)

Blood pressure
ضغط الدم
(120/80 mmHg)



Hypertension = high blood pressure = ضغط الدم المرتفع

Why might the heart stop beating?

Heart failure
الفشل القلبي

Cardiac arrest
التوقف القلبي

Heart attack
الجلطة القلبية

CPR
(cardiopulmonary resuscitation)
الإنعاش الرئوي القلبي

AED
(automated external defibrillator)
جهاز مزيل الرجفان (الصعقة الكهربائية)



CPR

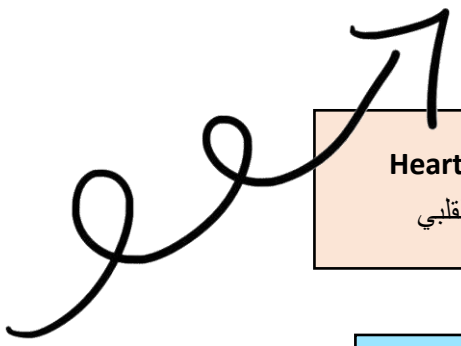
1) Compressions X30
ضغط



2) Breaths X2
النفخ (إعطاء النفس)

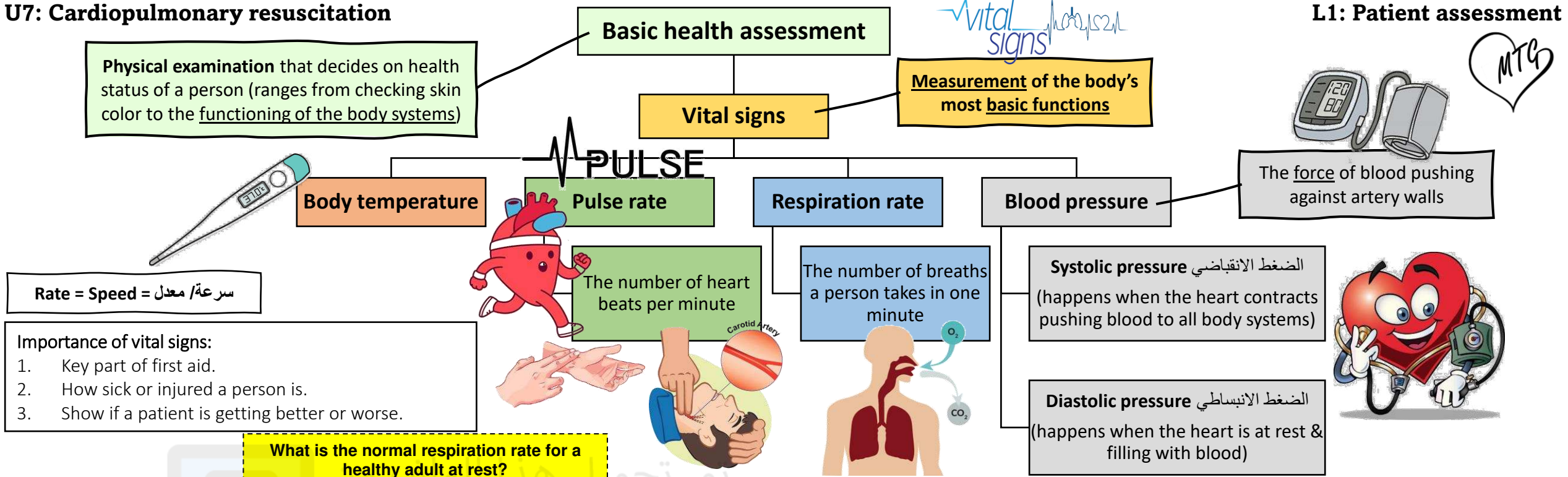


AED



U7: Cardiopulmonary resuscitation

L1: Patient assessment



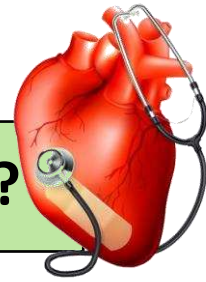
Vital sign:	Tool/ how to measure?	Which body part you can use to take measurements?	Normal reading for adults (at rest) في وضع الراحة	Important notes:
Body temperature	Thermometer	Mouth/ ear canal/ on the skin/ under the arm (armpit)	36.5°C & 37.2°C	Environments can change a person's body temperature.
Pulse rate	2fingures (index & middle finger)	Wrist/ either side of the neck/ inside the elbow	60-100 BPM (beats per minute)	An athletes resting heart rate may be closer to 40 beats per minute
Respiration	Count how many breaths per minute (every time the chest rises = 1 breath)		12-20 BPM/RPM (breaths/ respiration per minute)	
Blood pressure	Blood pressure monitor (sphygmomanometer)	Cuff on arm or feet	120/80 mm Hg (millimeters of mercury)	A reading more than 140/90 mm Hg is classified as "hypertension" ارتفاع ضغط الدم

Which vital sign is measured to check if a person has hypertension?

What is the blood pressure reading for hypertension?



Why might the heart stop beating?



Heart failure

Cardiac arrest

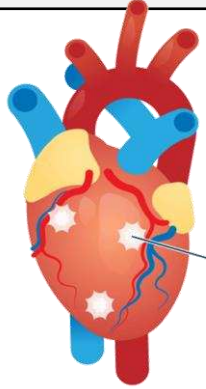
Heart attack



Weak cardiac muscles

The heart stops suddenly

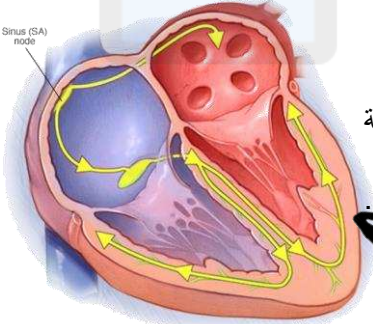
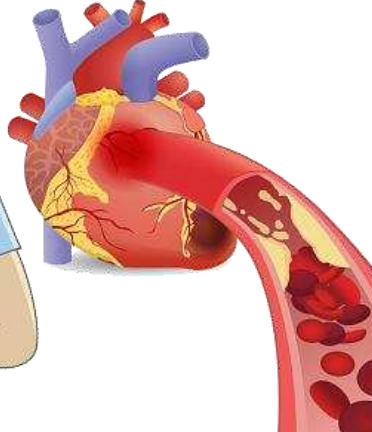
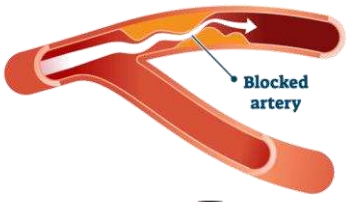
Blockage انسداد in the arteries



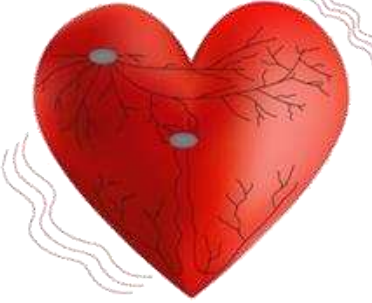
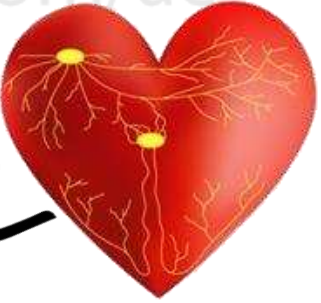
Healthy



Cardiac Arrest

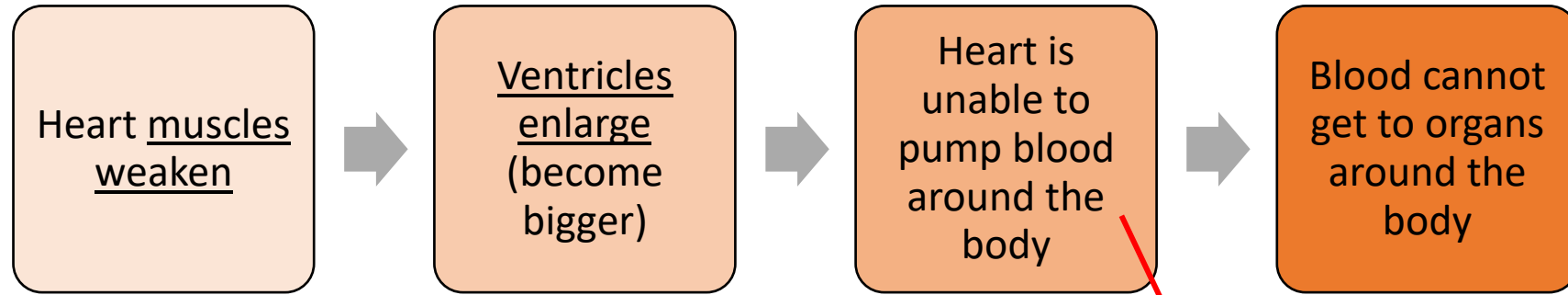


تذكر القلب شغال بالكهرباء، فيه عقدة جيبية أذينية تقوم بتكوين نبضات كهربائية. في حال توقف هذه العقدة يتوقف القلب عن العمل.



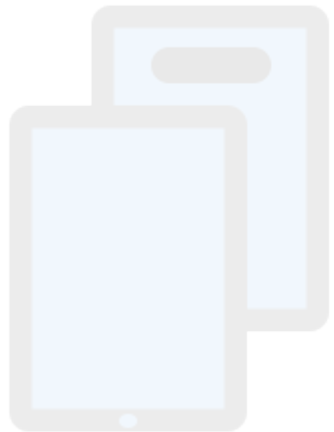


Heart failure

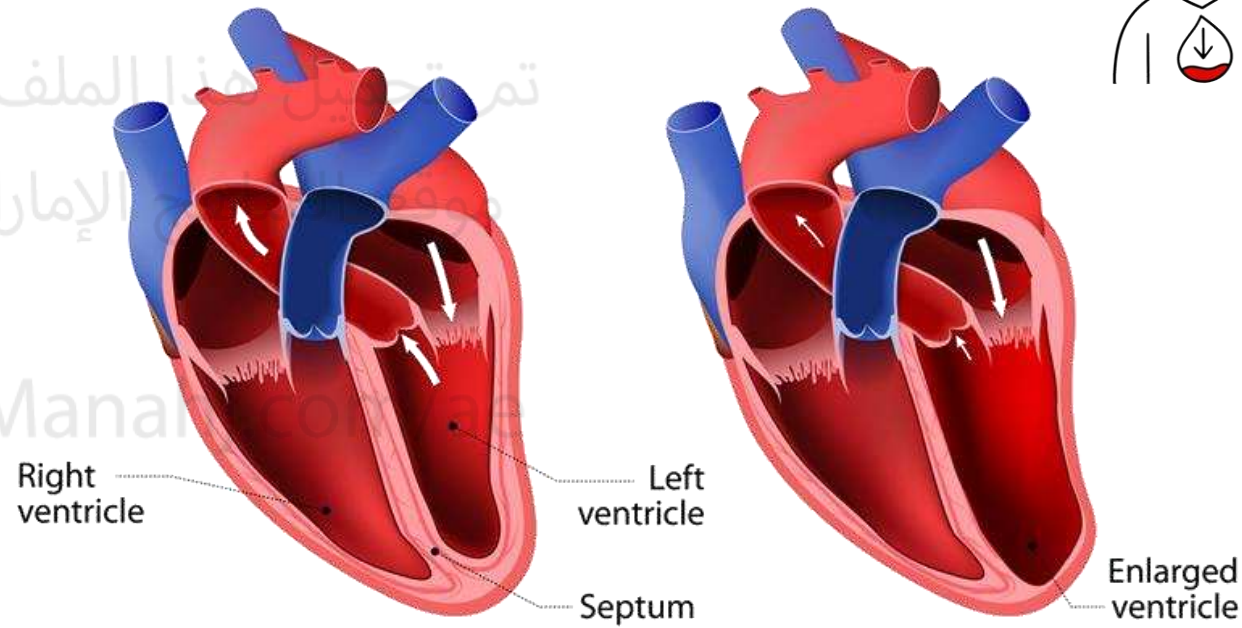


HEART FAILURE

No enough blood!



تمتجه من هذا الملف من
الإماراتية
alManal.com



Right ventricle



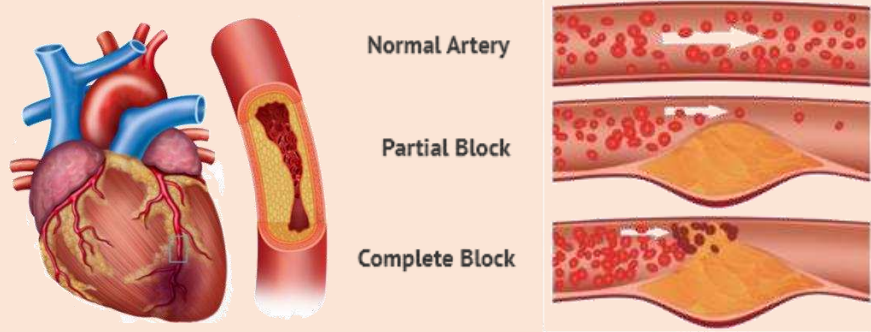
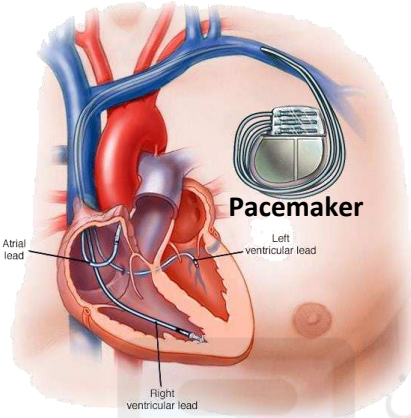

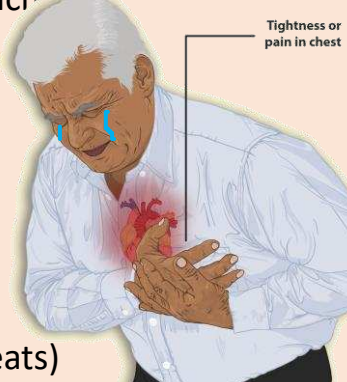

Left ventricle

Septum

Enlarged ventricle

Normal heart

Heart failure

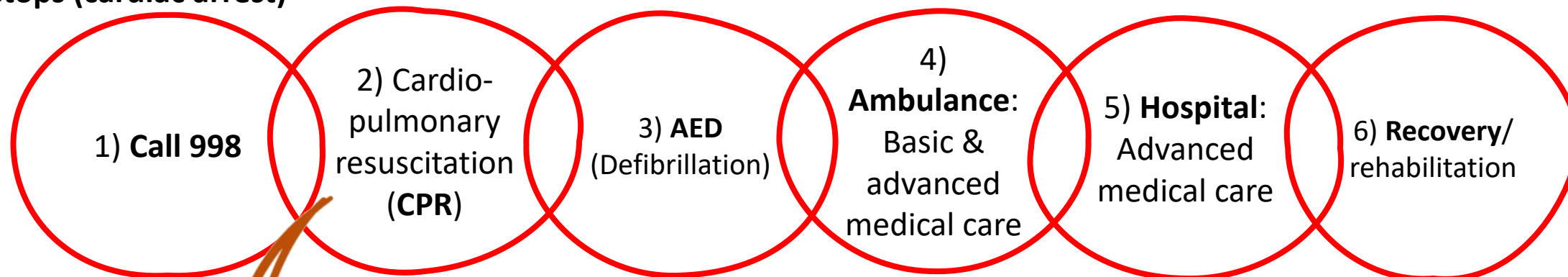
	Cardiac arrest	Heart attack
Definition	Is when the heart suddenly stops beating	When the blood flow that brings oxygen to the heart is reduced
Nature of the problem	An electrical problem 	A circulation/ blockage problem 
Causes	<ul style="list-style-type: none"> <input type="checkbox"/> Heart attack (the most common cause) <input type="checkbox"/> Choking الاختناق <input type="checkbox"/> Drowning الغرق <input type="checkbox"/> Electrocutation الصعق الكهربائي <input type="checkbox"/> Hypothermia الانخفاض في درجة الحرارة <input type="checkbox"/> Dramatic drop in blood pressure انخفاض الضغط الشديد <input type="checkbox"/> Ventricle fibrillation الارتجاج البطيني <input type="checkbox"/> Ventricle tachycardia نبضات القلب السريعة <input type="checkbox"/> Coronary heart disease أمراض الشريان التاجي <input type="checkbox"/> Pacemaker failure مشكلة في جهاز تنظيم ضربات القلب <input type="checkbox"/> Respiratory arrest توقف التنفس 	<p>Atherosclerosis تصلب الشرايين: the build-up of fat & cholesterol “plaque” block the coronary arteries that provide the heart with oxygen</p> 
	<p>Signs & symptoms</p> <ul style="list-style-type: none"> ➤ Unresponsiveness /sudden loss of consciousness ➤ No breathing ➤ No pulse <p>عند توقف القلب تتوقف الدورة الدموية وهذا يسبب سقوط الشخص مباشرة! ويجب مساعدة الشخص مباشرة وبدء الانعاش</p> 	<ul style="list-style-type: none"> ➤ Chest pain; a person may feel tightness in the center of the chest ➤ Chest pain can spread to other areas, such as the arms, jaw, neck, back and stomach ➤ Shortness of breath ➤ Coughing ➤ Wheezing ➤ Nausea ➤ Feeling light-headed or dizzy ➤ Sweating ➤ Weakness ➤ Palpitations (noticeable heartbeats) 
<p>What causes the heart to stop beating?</p> <p>What are the signs of a cardiac arrest?</p> 		



From the moment the heart stops (cardiac arrest)

Chain of survival

→ Healthy again



The actions that need to be taken if an adult goes into cardiac arrest outside of a hospital setting.



The chain of survival (consists of 6 steps)

1. Immediately recognise the emergency and call 998.
 2. Perform CPR immediately.
 3. Complete rapid defibrillation as soon as it is available.
- At the scene of an emergency
-
4. Provide basic and advanced medical care.
 5. Provide advanced medical care and post-cardiac arrest care.
 6. Provide rehabilitation treatment and support during the recovery period.
- Completed in a hospital

Why is CPR important?

✓ **You could save a person's life**

- You must have a qualification that allows you to carry out CPR.
- The first few minutes following cardiac arrest can determine life or death.
- Knowing CPR greatly increases the chances of survival for a person who has suffered a cardiac arrest.

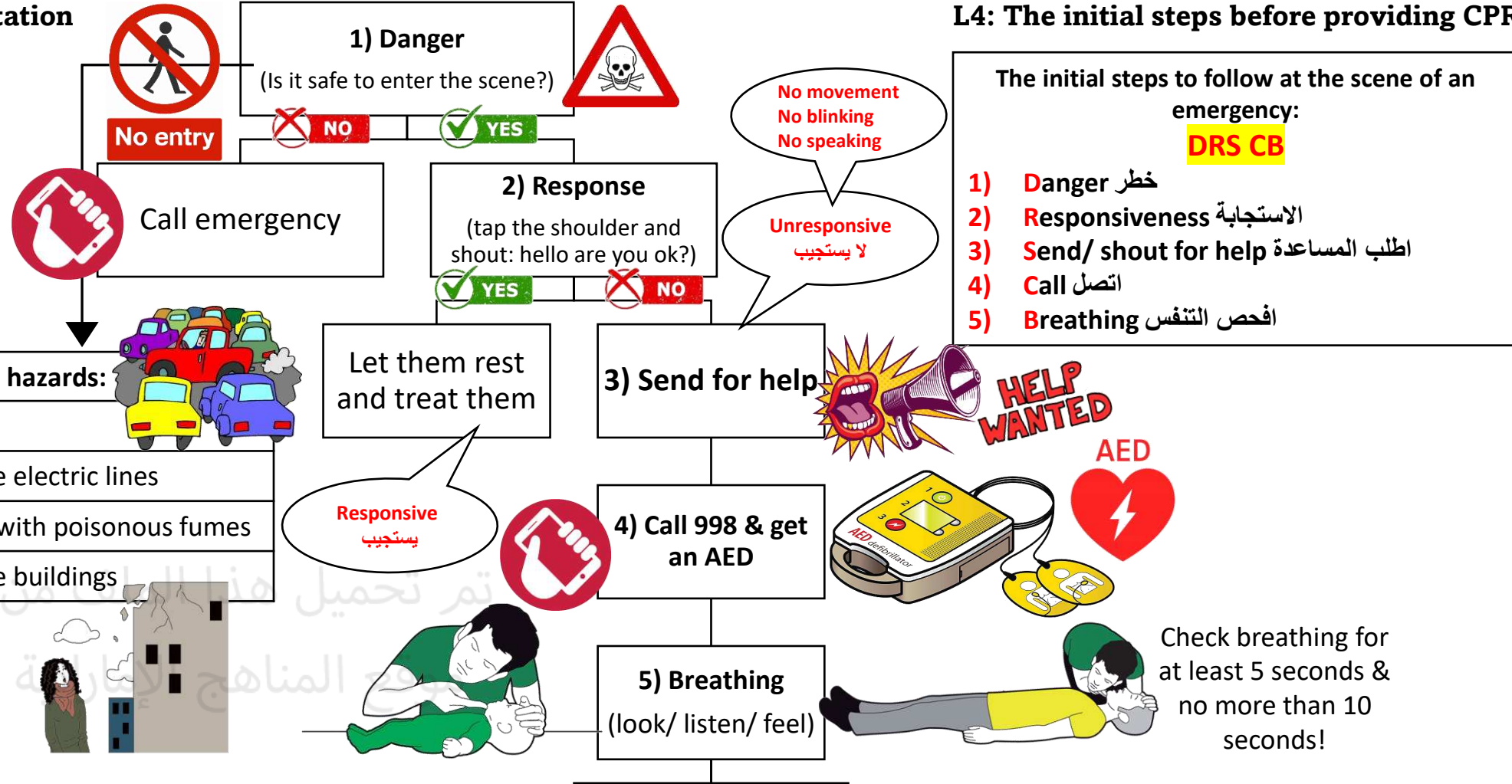
U7: Cardiopulmonary resuscitation

L4: The initial steps before providing CPR

What are dangers at the scene of an emergency?

Possible hazards:

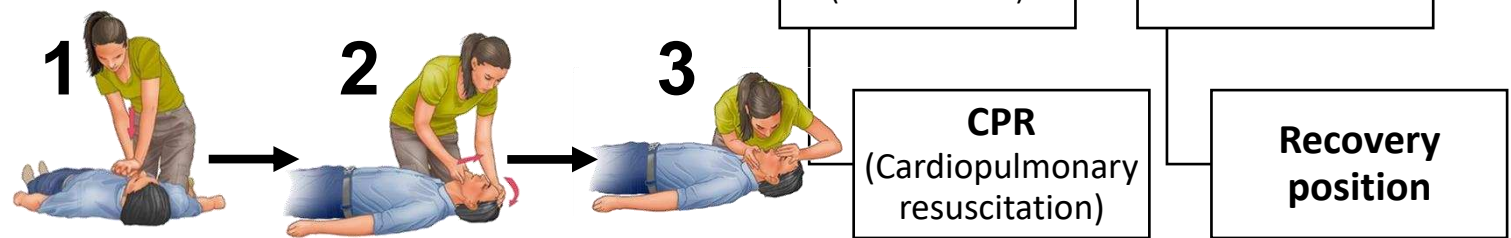
- Traffic
- Unstable electric lines
- A room with poisonous fumes
- Unstable buildings



The initial steps to follow at the scene of an emergency:

DRS CB

- 1) Danger خطر
- 2) Responsiveness الاستجابة
- 3) Send/ shout for help اطلب المساعدة
- 4) Call اتصل
- 5) Breathing افحص التنفس



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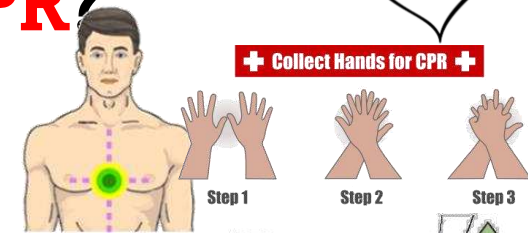
How to apply **C**ardiopulmonary **r**esuscitation **CPR**?

What are the skills involved in giving CPR?

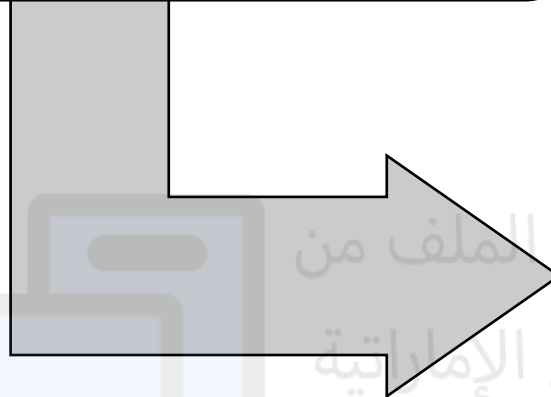
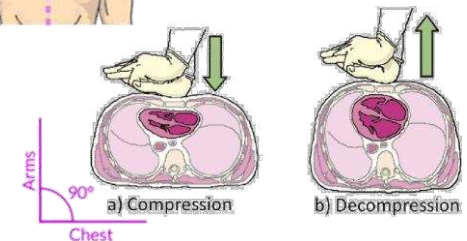


1) **C**ompressions X30

- Make sure the casualty on their back on a flat floor
- Make sure the cloths are not in the way
- Put the heel of the first hand on the center of the chest (the last part of breastbone) & support with the other hand
- 30 compressions at least 5 cm deep
- Fast compressions 2 in a second (with a rate of 100-120 compressions per minute)
- Make sure the chest fully rises
- Do not stop compressions more than 10 seconds



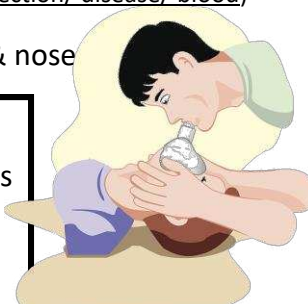
Collect Hands for CPR



2) **B**reaths X2

A **barrier device** is needed (for protection against infection/ disease/ blood)

- Put a **CPR mask** over the casualty's mouth & nose
- Open the airway
- Give 2 full breaths into the mask
- Make sure not to take more than 10 seconds



You should repeat CPR again & again!

✓ **When to stop doing CPR?**

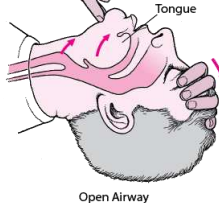
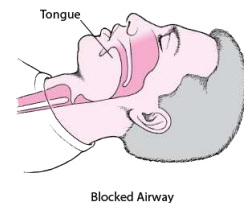
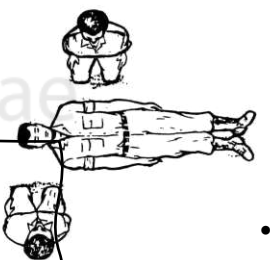
- If the casualty responds again.
- If the emergency help arrives.



Two rescue compressions: 2 people take turns giving compressions to an individual changing every 2 minutes.

Hands-only CPR: CPR where only compressions are given without breaths. (do it if you don't have a barrier device & the casualty is a stranger)

You can give **mouth-to-mouth** breaths if the casualty is a family member or a close friend.



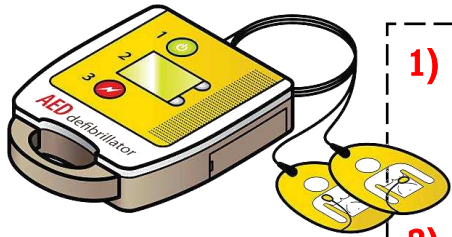
- Put one hand on the forehead & the fingers of the other hand on the hard/ solid part of the chin
- Tilt the head back & lift the chin up.

Open airway (head-tilt chin-lift)



جهاز مزيل الرجفان الخارجي الآلي

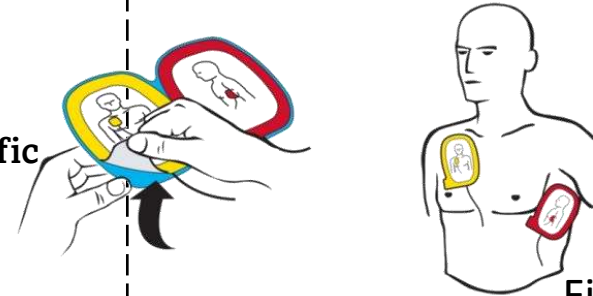
Automated External Defibrillator (AED): a portable, electronic device which delivers an electric shock to the heart.



1) **Turn on the device** (it will prompt you with what you need to know)

Where should the pads from an AED be placed?

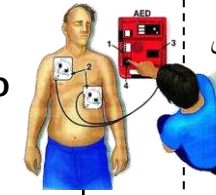
2) **Attach the pads** to the person's bare chest العاري الصدر to the specific areas illustrated on the pads



Fibrate ≠ Defibrate

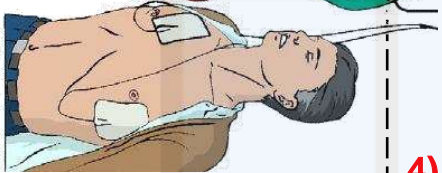


3) **Clear the casualty** (the device will analyze heart rhythm & prepare to apply a shock, make sure nobody touching the casualty & press the "shock" button)



سبب تسمية الجهاز بهذا الاسم:
في حالة توقف القلب "cardiac arrest" إما أن يتوقف القلب عن العمل تماماً أو أن يرتجف fibrate وفي كلتا الحالتين تتوقف الدورة الدموية يتم وصل الجهاز خارجياً external بصدر الضحية العاري ويبدأ الجهاز بتحليل ايقاع القلب "heart rhythm" بشكل أوتوماتيكي automated وإعطاء صدمة كهربائية في حال توقف القلب

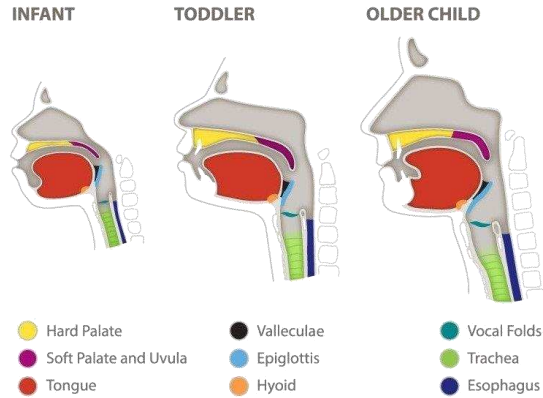
4) **Resume CPR**



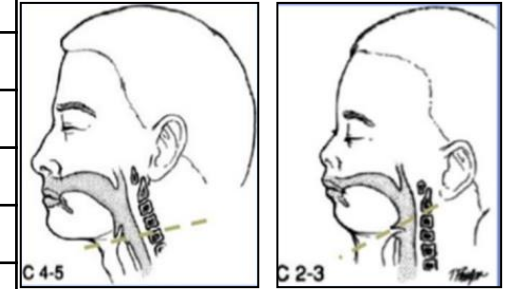
What device can be used to deliver a shock to the heart when it stops beating?

Special situations			
If:	the casualty is laying in water,	then:	quickly move them to dry area.
	the casualty is lying in a small puddle,		you can still use AED.
	the casualty has water or sweat on their chest,		quickly wipe the chest dry before attaching the pads.
	the casualty has an implanted defibrillator or pacemaker,		Make sure you don not put the AED pads directly on the implanted device.
	the casualty has a medicine patch,		with gloves remove the patch, wipe the area & attach the pads.



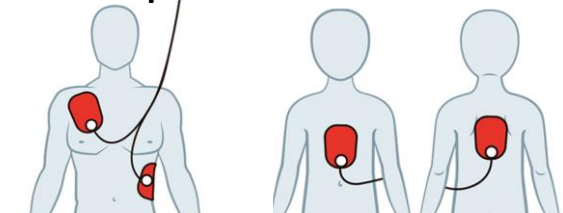


	Infants' anatomy in comparison to adults
Mouth	Smaller
Tongue	Takes up more space
Trachea	Smaller
Chest muscles	Not fully developed
Chest cavity & lungs	Smaller

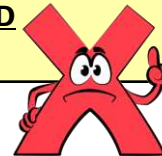
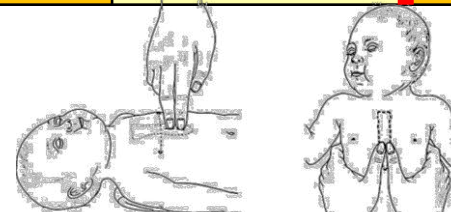
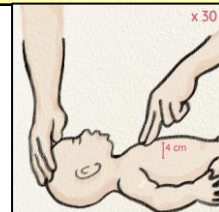


Adults' pads

pediatric pads



Casualty:	1) Compression:				2) breath:		Ratio النسبة	AED
	Count العدد (how many?)	Depth العمق (pushing down)	Rate السرعة (compression per minute)	Hand / finger	Count	Force القوة		
Adults and children	30 compressions	Approximately 5cm	2 per second (100-120 per minute)	2hands (1hand for small children)	2 breaths	2deep full breaths	30compressions : 2breaths	Yes (use smaller pads for children 8years & under)
Infant/ baby (birth-1)		Approximately 4cm		2fingers (index + middle finger)/ (2 thumps)		2puffs (short gentle breaths)	30:2	Do not use AED

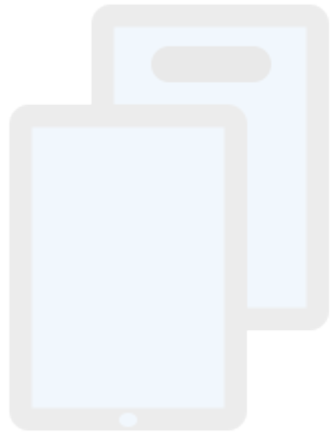


#	Question:	Answer:
1	List the ways in which health promotion can happen.	<ol style="list-style-type: none"> 1. Posters in public places 2. Leaflets/ brochures/ billboards 3. Health screenings مسح/ فحوصات روتينية 4. Mass media: TV/ radio/ newspaper/ magazines/ internet/ phone apps
2	Explain a law that was introduced in the UAE to reduce the spread of COVID-19.	Multiple health promotion campaigns ranging from: stay-at-home PCR testing Wearing PPE (wear mask) Social distancing Hand hygiene Vaccination
3	Explain a law that was introduced in the UAE to reduce road traffic accidents.	Passengers in back seats in cars must wear seat belts
4	List the name of a fruit.	Orange, red yellow fruit, contain carotenes (for a healthy immune system)
5	List the name of a vegetable.	Potato/ onion etc.
6	Explain how the body uses energy.	Our body uses calories (energy) from food for walking, thinking, breathing & other important functions.
7	Where do we get energy from?	Energy input comes from the food we eat (our fuel)
8	Give an example of a green leafy vegetable.	Spinach
9	What is a benefit of eating green leafy vegetables?	Contains vitamin C which is necessary for the growth, development and repair all body tissues & boost immunity.
10	Explain how the body uses calories.	When you exercise, 60-75% of the calories are used to survive & carryout process such as digestion
11	Describe where we get calories from.	Macronutrients (carbs + protein + fat)
12	List some topics that are addressed by health promotion.	Campaigns names (mention it/ beat the habit/ keep on beating etc.)
13	Explain how health promotion can be used to promote a balanced diet	Health education (e.g., health sciences classes) Behavioral change approach Client-centered approach (a doctor giving advice about healthy eating)
14	Describe how to measure respiration.	Count how many breaths per minute (every time the chest rises counts as 1 breath) Normal respiration rate = 12-20 BPM
15	What is a healthy body temperature for an adult?	36.5-37.2 °C

#	Question:	Answer:
16	How do you check that a casualty is breathing?	Look + listen + feel breathing for no more than 10s
17	How do you open the airway of a casualty?	Head-tilt chin-left Put one hand on the forehead & the fingers of the other hand on solid/ hard part of the chin & push the head back & chin up
18	Explain the first steps to take at the scene of an emergency.	DRS CB 1) Check for d anger/ hazards 2) R esponsiveness 3) S end/ s hout for help 4) C all 998 5) Check b reathing
19	What are dangers at the scene of an emergency?	Traffic/ Unstable electric lines/ A room with poisonous fumes/ Unstable buildings
20	Nutrition information on a food label is an example of which pillar of health promotion?	Health literacy
21	Give an example of the healthy cities pillar of health promotion.	<ul style="list-style-type: none"> ✓ Build shaded areas. ✓ Build green areas. ✓ Sport events & compactions
22	Define each approach to health education.	Individual: one-to-one Group: group of people Mass: a large group of population + use media
23	List the approaches to health education.	Individual/ group/ mass audience
24	Describe the purpose of the 'Keep on beating' health promotion campaign.	2 goals to achieve: 1) Raise awareness of cardiovascular disease & the risk factors (smoking/ malnutrition/ inactivity/ stress) 2) Help people recognize when they might be at risk.
25	Which health promotion campaign in the UAE had the aim of increasing heart health?	Keep on beating
26	List contemporary health problems in the UAE.	NCDs / road accidents & injuries/ mental health
27	What is a contemporary health problem?	new health problems that affect people today
28	List two things you must complete when planning a health promotion campaign.	Needs assessment + target setting
29	What information is included in target setting when planning a health promotion campaign?	<ol style="list-style-type: none"> 1) Aims to achieve. 2) Specify targeted audience. 3) The outcome & benefits of the program. 4) Program time.

#	Question:	Answer:
30	Where should the pads from and AED be placed?	To the casualty bare chest
31	What device can be used to deliver a shock to the heart when it stops beating?	Automated External Defibrillator (AED)
33	What are the skills involved in giving CPR?	1) Compressions 2) Giving breaths
34	What is the sequence of compressions to breaths in CPR?	30:2 (30 compressions to 2 breaths)
35	Define macronutrients.	Nutrients that are needed in <u>large</u> amounts (source of energy; especially the carbs)
36	Define micronutrients.	Nutrients that are required in <u>small</u> amounts (vitamins & minerals)
37	What causes the heart to stop beating?	<input type="checkbox"/> Heart attack الجلطة (the most common cause) <input type="checkbox"/> Choking الاختناق <input type="checkbox"/> Drowning الغرق <input type="checkbox"/> Electrocutation الصعق الكهربائي <input type="checkbox"/> Hypothermia الانخفاض في درجة الحرارة <input type="checkbox"/> Dramatic drop in blood pressure انخفاض الضغط الشديد <input type="checkbox"/> Ventricle fibrillation الارتجاج البطيني <input type="checkbox"/> Ventricle tachycardia نبضات القلب السريعة <input type="checkbox"/> Coronary heart disease أمراض الشريان التاجي <input type="checkbox"/> Pacemaker failure مشكلة في جهاز تنظيم ضربات القلب <input type="checkbox"/> Respiratory arrest توقف التنفس
38	What are the signs of a cardiac arrest?	<ul style="list-style-type: none"> ➤ Unresponsiveness /sudden loss of consciousness ➤ No breathing ➤ No pulse
39	How many calories should the average healthy <u>man</u> eat per day?	✓ The average male requires <u>2500</u> kcal/ day
40	How many calories should the average healthy <u>woman</u> eat per day?	✓ The average female requires <u>2000</u> kcal/ day
41	The UAE National Nutrition guide is shaped like which landmark?	<u>Burj Khalifa.</u>
42	List the sections on the UAE National Nutrition guide.	Fruits Vegetables Cereals & their products Water Milk & dairy products Meat, eggs & legumes

#	Question:	Answer:
42	What is the blood pressure reading for hypertension?	A reading more than 140/90 mm Hg is classified as "hypertension" ارتفاع ضغط الدم
43	Which vital sign is measured to check if a person has hypertension?	Blood pressure
44	What is the normal respiration rate for a healthy adult at rest?	12-20 BPM
45	What is the normal pulse rate for a healthy adult at rest?	60-100 BPM
46	Calculate how many calories are in 5 grams of fat. Remember there are 9 calories in 1 gram of fat.	Calories from fat = 5 X 9 = 45 kcal
47	Calculate how many calories are in 9 grams of protein. Remember there are 4 calories in 1 gram of protein.	Calories from protein = 9 X 4 = 36 kcal



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**Good
Luck**