

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



حل مذكرة نهائية شاملة

[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

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

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HEALTH SCIENCES

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1. Which preventative medical approach aims to recognise a disease that is present but in its early stages?
 - (A) Primary prevention
 - (B) Secondary prevention
 - (C) Tertiary prevention
 - (D) Vaccination
2. Which of the following best describes disease prevalence?
 - (A) The total number of deaths from a disease
 - (B) The number of new cases of a disease within a population
 - (C) The number of people within a population who have a specific disease
 - (D) The risk of getting a specific disease
3. Which of the following is a disease prevention strategy used by public health professionals?
 - (A) Health education
 - (B) Disinfection programmes
 - (C) Community vaccination
 - (D) All of the above
4. Which of the following is an example of building healthy public policy?
 - (A) Changing the focus from treating diseases to preventing diseases
 - (B) Creating a law that says people must wear a seatbelt when in the car
 - (C) Planning a community fitness event for people to take part in
 - (D) Creating healthy environments for people to live in, such as parks for exercise

5. In December, the disease prevalence of Coronavirus was 16,480 and the disease incidence was 8,500.

How many new cases of Coronavirus was there in December?

(A) 110,200

(B) 85,220

(C) 16,480

(D) **8,500**

6. What is the first thing that should be done when planning a health promotion campaign?

(A) Target setting

(B) Design materials and posters

(C) **Needs assessment**

(D) Measure the results

7. Which approach to health promotion involves working on a one-to-one basis with an individual and health professional?

(A) Socio-environmental approach

(B) **Client-centred approach**

(C) Educational approach

(D) Reorient health service approach

8. Which of the following is an example of secondary prevention?

(A) **Health screening**

(B) Vaccination against disease

(C) Laws to keep people safe

(D) All of the above

9. Which preventative medical approach aims to stop a disease or injury before it happens?
- (A) **Primary prevention**
 - (B) Secondary prevention
 - (C) Tertiary prevention
 - (D) Treatment of disease
10. Which of the following should be completed before planning a health promotion campaign?
- (A) Health education
 - (B) **Needs assessment**
 - (C) Nutrition information labels
 - (D) Basic first aid qualification
11. During breast cancer awareness month, many hospitals and charities offer free or discounted breast cancer screenings for women. When is breast cancer awareness month?
- (A) January
 - (B) September
 - (C) **October**
 - (D) December
12. The blue circle in the middle of the Ottawa Charter contains .
- (A) **three basic strategies for health promotion**
 - (B) five main areas for action
 - (C) three pillars of health promotion
 - (D) approaches to health education

13. Which health promotion campaign aims to raise awareness of cardiovascular disease and the risks associated with it?
- (A) **Keep on Beating**
 - (B) Mention It
 - (C) Health Heroes
 - (D) Beat the habit
14. Which of the following headings would you find in the Ottawa Charter for Health promotion?
- (A) **Develop personal skills**
 - (B) Primary prevention
 - (C) Behavioural change
 - (D) Socio-environmental
15. Which contemporary health problem in the UAE causes the largest number of deaths in people aged 25-34?
- (A) Non-communicable diseases
 - (B) **Road traffic accidents**
 - (C) Mental health
 - (D) Poverty
16. Which of the following is an example of health education?
- (A) Disease screening in hospitals
 - (B) Adverts on social media to encourage healthy eating
 - (C) Signs in malls about keeping a safe distance from others
 - (D) **Health Sciences lessons**

17. Which pillar of health promotion involves creating spaces in towns and cities that allow people to have healthier lifestyles?

- (A) Good governance
- (B) **Healthy** cities
- (C) Health literacy
- (D) Client-centred

18. Which approach to health promotion focuses on preventing diseases before they happen?

- (A) Behavioural change approach
- (B) Client-centred approach
- (C) Educational approach
- (D) **Preventative medical approach**

19. Which of the following is a contemporary health problem?

- (A) Poverty
- (B) Mental health
- (C) Non-communicable diseases
- (D) All of **the options are correct**

20. If a doctor does not teach their patient how to manage or prevent illnesses, what is likely to happen?

- (A) The patient is likely to be cured
- (B) The patient is likely to recover faster
- (C)** The patient is likely to have future health problems
- (D) The patient is likely to manage their disease better

21. Teachers organised a sports day in your school for students in grades 9-12

as part of a health promotion campaign. Who is the target audience that this campaign is aimed at?

(A) The teachers

(B) The students

(C) The parents

(D) The administration staff

22. The UAE ministry of health and prevention used social media to educate the population on the different types of protective face masks that are available.

Which approach to health education is this

(A) Individual approach

(B) Group approach

(C) Mass audience approach

(D) Singular approach

23. In 2017, a law was created in the UAE that states all passengers in the back

seats of cars must wear a seat belt. Which pillar of health promotion does this belong to

(A) Healthy cities

(B) Good governance

(C) Healthy literacy

(D) None of the above

24. Which of the following groups is responsible for health promotion?

(A) Healthcare professionals

(B) Schools

(C) Governments

(D) All of the options are correct

25. The WHO created a framework for health promotion. What is this framework called:

(A) The Ottawa charter

(B) The Toronto guidelines

(C) The Vancouver directions

(D) The Montreal promise

26. What is disease prevalence

(A) The number of individuals within a population that have disease at given time

(B) The number of individuals within a population that are being treated in

hospitals and particular time

(C) The number of new cases of particular disease within a population in a given time period

(D) The number of new cases of all diseases within a population in a given time period

27. The UAE government organized a health promotion campaign that aimed to show people the risks of eating too many sugary foods and drinks. What was the name of this campaign

- (A) **Beat the habit, fight extra sugar**
- (B) Choose to vaccinate
- (C) Mention it
- (D) Have a healthy heart today

28. Identify which approach to health promotion is being described in the following statement: offering vaccinations and screenings for diseases so that people are protected before the disease happens

- (A) Behavioural change approach
- (B) Client-centered approach
- (C) Socio-environmental approach
- (D) **Preventative medical approach**

29. Cleveland clinic Abu Dhabi organized a campaign called (Mention it). What was the aim of this campaign

- (A) **To encourage men to talk about issues with a doctor no matter how mild or serious they are**
- (B) To raise awareness of cardiovascular diseases and the risk factors associated with it
- (C) To reduce the level of childhood obesity in the UAE
- (D) To advertise and promote regular breast cancer screening for women

30. How many pillars of health promotion are there

(A) 1

(B) 2

(C) 3

(D) 4

31. Which of the following example of health education

(A) Health sciences lessons

(B) Speaking to a nutritionist about the best vitamins to improve immunity

(C) Attending a group information session for new mothers on caring for their babies

(D) All of the above

32. Which approach to health promotion focuses on preventing diseases before they happen and treat existing conditions to avoid further diseases

(A) Educational approach

(B) Client-centered approach

(C) Behavioral change approach

(D) Preventative medical approach

33. What is the name of the campaign organized by Cleveland Clinic Abu Dhabi with the goal of getting men to talk about their health issues with a doctor

(A) Mention it

(B) Keep on beating

(C) Health heroes

(D) Beat the habit

34. The Keep on Beating campaign is a health promotion campaign for which organ of the body

(A) The heart

(B) The lungs

(C) The brain

(D) The liver

35. A needs assessment and target setting are very important if you are planning

(A) A health promotion campaign

(B) The Ottawa charter

(C) Nutritional guidelines

(D) Food labels

36. Who is responsible for health promotion

(A) Health professionals

(B) Schools

(C) Governments

(D) All of the above

37. What will happen over time if a person has a negative energy balance?

(A) The person's weight will stay the same

(B) The person will lose weight over time

(C) The person will gain weight over time

(D) The person should lower their calorie intake

38. The total weight of a tub of yoghurt is 500 grams. In the tub of yoghurt, there are 5 servings. How many grams is one serving?

(A) 500 grams

(B) 50 grams

(C) 100 grams

(D) 10 grams

39. In terms of dietary reference intakes, which of the following best describes the estimated average requirements (EAR)?

(A) The nutrients that meet the requirements of up to 98% of the population

(B) The highest level of nutrient intake that is likely to cause no health effects

(C) The average amount of the nutrient that is taken by healthy people

(D) The intake level that will meet the nutritional needs of 50% of the population

40. Saif's energy input is 3500 and energy output is 2400. Calculate his energy balance and describe what will happen to his bodyweight over time.

$$\text{Energy balance} = \text{energy input} - \text{energy output} = (3500 - 2400) = 1100$$

He will gain weight over time

41. Which of the following factors should be considered when estimating the energy needs of individuals? Choose three.

- (A) Gender
- (B) Family history
- (C) Activity level
- (D) Eye colour
- (E) Age

42. Which of the following is responsible for the growth and repair of all cells within the body?

- (A) Carbohydrates
- (B) Fat
- (C) Protein
- (D) Sugar

43. What is energy input?

- (A) The number of calories that you put into your body
- (B) The number of calories you burn during exercise
- (C) The number of calories it takes your body to digest food
- (D) The average number of calories that healthy people eat

44. Jameela's energy input is 1700 calories and her energy output is 1700 calories.

What will happen to Jameela's weight over time?

- (A) She will gain weight over time
- (B) She will lose weight over time
- (C) Her weight will stay the same
- (D) Her weight will change

45. A serving of dark chocolate contains 10 grams of fat. Calculate how many calories come from fat.

$$10 \times 9 = 90$$

46. Which of the following is a micronutrient?

- (A) Fat
- (B) Protein
- (C) Calcium
- (D) Carbohydrate

47. Women need to eat around 2000 calories each day, while men need around calories each day.

- (A) 2000
- (B) 2500
- (C) 3000
- (D) 3500

48. How many calories are in one gram of protein?

- (A) 2 calories
- (B) 4 calories
- (C) 6 calories
- (D) 9 calories

49. How many servings of fruit and vegetables should we have each day?

5 servings

50. When someone eats more calories than they burn they are in energy balance.

- (A) perfect
- (B) negative
- (C) positive**
- (D) regular

51. A food packet weighs 100 grams. The label says that one serving is 25grams. How many servings are in the packet?

100 / 25 = 4 servings

52. Which of the following is a vitamin that supports a healthy immune system?

- (A) Vitamin E
- (B) Zinc
- (C) Calcium
- (D) Vitamin C**

53. Sunlight provides our bodies with .

- (A) Vitamin A
- (B) Vitamin B12
- (C) Vitamin C
- (D) Vitamin D**

54. Which famous landmark is used as a model for the dietary guidelines in the UAE?

- (A) Sheikh Zayed Grand Mosque
- (B) Burj Al Arab**
- (C) Burj Khalifa
- (D) Ain Dubai

55. are low in calories and contain water. Orange, red and yellow coloured items from this group contain carotenes.

- (A) Fruit and vegetables
- (B) Milk and dairy products
- (C) Cereals and their products
- (D) Meat, eggs and legumes

56. Most of the energy that people get each day should come from which food group?

- (A) Cereals and their products
- (B) Fruit and vegetables
- (C) Fats and oils
- (D) Other foods

57. Name one macronutrient.

Protein – fat – carbohydrates

58. Name one micronutrient.

Vitamins – minerals

59. Mariam's energy input is 2229 calories, her energy output is 1987 calories. Calculate Mariam's energy balance.

Energy balance = energy input – energy output = (2229 – 1987) = 242

60. The main source of vitamin D is .

- (A) nuts
- (B) lentils
- (C) tomatoes
- (D) sunlight

61. How many calories are in one gram of fat?

- (A) 4 calories
- (B) 6 calories
- (C) 9 calories**
- (D) 12 calories

62. A food container is 110 grams. A serving size is 55 grams. How many servings are in the container?

$$110 / 55 = 2$$

63. Which of the following items of information would you find on a food label?

- (A) Where the food was made
- (B) The list of ingredients
- (C) The serving size
- (D) All of the options are correct**

64. Sultan calculated his energy balance to be -720 calories, which category of energy balance does Sultan belong to?

- (A) Positive energy balance
- (B) Negative energy balance**
- (C) Perfect energy balance
- (D) All of the answers are correct

65. _____ is the process of taking energy and nutrients from food and drinks to maintain health.

- (A) Consumption
- (B) Nutrition
- (C) Calories
- (D) Eating**

66. Which food group is grouped together because they give the body vitamins, minerals and fibre?

- (A) Fruit and vegetables
- (B) Cereals and their products
- (C) Fats and Oils
- (D) Milk and dairy products

67. Research carried out in the UAE on grades 10-12 has found that only met their daily recommended intake of fruit and vegetables

- (A) 10% of females and 10% of males
- (B) 40% of females and 60% of males
- (C) 21% of females and 33% of males
- (D) 50% of females and 50% of males

68. Most of the energy (calories) people get each day should come from this food group. Foods from this food group provide carbohydrates, fibre and some vitamins.

- (A) Meats, Eggs and Legumes
- (B) Cereals and their products
- (C) Milk and their products
- (D) Fruits and vegetables

69. have more fibre which can help to move food through the digestive system, keep you full for longer and prevent constipation..

- (A) Whole meal and wholegrain foods
- (B) Milks and their products
- (C) Sugary foods
- (D) Starchy and fatty foods

70. This food group provides the body with protein and iron.
- (A) Fruits and vegetables
 - (B) Meat, Eggs and Legume**
 - (C) Fats and Oils
 - (D) Cereals and their products
71. Which mineral is required to help carry oxygen in the blood?
- (A) Copper
 - (B) Calcium
 - (C) Iron**
 - (D) Selenium
72. These foods are grouped together because they are rich in calcium and protein.
- (A) Fruits and vegetables
 - (B) Milk and dairy products**
 - (C) Fats and Oils
 - (D) Meat, Eggs and Legumes
73. When are dairy foods fortified with vitamin D during the production process?
- (A) Sterilisation
 - (B) Combination
 - (C) Mixing
 - (D) Fortification.**
74. What is the function of fat in the body?
- (A) to repair body tissue and enable
 - (B) to insulate the body and protect vital organs.**
 - (C) to increase body temperature
 - (D) to make the immune system stronger

75. What are known as 'good fats' that the body needs that can be found in sunflower oil, olive oil and oily fish such as salmon and mackerel?

- (A) Generated and ungenerated fats
- (B) Trans fat and saturated fats
- (C)** Monounsaturated and polyunsaturated fats
- (D) Saturated and unsaturated fats

76. Foods in this food group should not be eaten every day as they contain a high number of calories and have little nutritional benefit.

- (A) Protein
- (B)** Other foods
- (C) Carbohydrates
- (D) Fruits and vegetables

77. Your body needs nutrients to:

- (A) give you energy
- (B) help you to stay healthy and fight infection.
- (C) help your brain to function properly
- (D)** All of the above

78. What gives the body energy in the form of calories and is needed in large amounts?

- (A) Micronutrients
- (B)** Macronutrients
- (C) Simple nutrients
- (D) Large nutrients

79. Sugar, sweets, cereals, pastries and refined breads are examples of.
- (A) Complex Carbohydrates
 - (B) Simple carbohydrates**
 - (C) Proteins
 - (D) Vitamin and minerals
80. What is mainly responsible for the growth and repair of all cells within the body, and it helps to regulate body processes?
- (A) Carbohydrates
 - (B) Fats
 - (C) Protein**
 - (D) Vitamin and minerals
81. What provides the biggest number of calories per gram of food, compared to the calories that are provided from other nutrients?
- (A) Fat**
 - (B) Protein
 - (C) Carbohydrates
 - (D) Minerals
82. are nutrients which the body needs in small amounts compared to macronutrients.
- (A) Macronutrients
 - (B) Small nutrients
 - (C) Carbohydrates
 - (D) Micronutrients**

83. Which form of vitamins dissolve in water and are not stored in the body?

- (A) Resistant
- (B) Fat-soluble
- (C) Water-soluble
- (D) Vitamin-soluble

84. Which vitamins dissolve in fat?

- (A) Resistant
- (B) Fat-soluble
- (C) Water-soluble
- (D) Vitamin-soluble

85. The network of cells and chemical compounds that help the body to fight infections is known as .

- (A) The respiratory system
- (B) The digestive system
- (C) The circulatory system
- (D) The immune system

86. What is immunocompromised?

- (A) when there is an allergic reaction due to the immune system
- (B) when someone has a vaccination to boost their immune system
- (C) when the immune system is strong and able to fight off infections
- (D) when the immune system's defences are low, making it hard to fight off infections and diseases

87. Which vitamin protects against infection by keeping skin and tissues healthy?

- (A) Vitamin A
- (B) Vitamin B
- (C) Vitamin C
- (D) Vitamin D

88. Which micronutrient helps the body to make antibodies which are needed to fight against disease?

- (A) Vitamin B6
- (B) Iron
- (C) Calcium
- (D) Vitamin D

89. Which micronutrient is necessary for the growth, development and repair of all body tissues?

- (A) Vitamin D
- (B) Calcium
- (C) Vitamin C
- (D) Iron

90. Which food below provides a good way to get vitamin A, vitamin C and iron in the diet?

- (A) Pasta
- (B) Spinach
- (C) Beef
- (D) Milk

91. _____ are substances that people might use to add nutrients such as vitamins and minerals to their diet.

- (A) Medicine
- (B) Protein supplements
- (C) Dietary supplements
- (D) Food additions

92. How many calories per day should women need to eat approximately to maintain their weight and to do everyday tasks?

- (A) 2500
- (B) 2000
- (C) 1500
- (D) 3000

93. What are the exact daily calorie requirements dependant on?

- (A) Age
- (B) Gender
- (C) Physical activity level
- (D) All of the above

94. How many calories are there in one gram of protein?

- (A) 9 calories
- (B) 4 calories
- (C) 8 calories
- (D) 2 calories

95. The formula to calculating how many calories are from a certain macronutrient is:

- (A) Macronutrient (grams) ÷ Calories per gram
- (B) **Macronutrient (grams) X Calories per gram**
- (C) Macronutrient (grams) - Calories per gram
- (D) Macronutrient (grams) + Calories per gram

96. Which dietary reference intakes (DRI) is the amount of nutrients that meet the nutrient requirements of up to 98% of the population?

- (A) **Recommended Dietary Allowances (RDA)**
- (B) Adequate Intakes (AI)
- (C) Tolerable Upper Intake Level (UL)
- (D) Estimated Average Requirements (EAR)

97. What is the difference between energy input (the number of calories that you put into your body) and energy output (or the number of calories you burn each day)?

- (A) Calories
- (B) Energy input
- (C) Energy output
- (D) **Energy balance**

98. This state of energy balance is when the person will not gain or lose weight, as the amount of calories they consume is the same as the amount of calories they expend.

- (A) Negative energy balance
- (B) **Perfect energy balance**
- (C) Positive energy balance
- (D) Energy consumption

99. is when people are consuming more calories than they are burning and may gain weight over time.

- (A) Negative energy balance
- (B) Perfect energy balance
- (C) **Positive energy balance**
- (D) Energy consumption

100. How much is enough of your serving size for piece of beef steak, cooked salmon, or grilled chicken breast?

- (A) **about half the size of your hand**
- (B) about the size of your hand
- (C) two hand sizes
- (D) two thumbs

101. Foods that have a high number of calories but they have low nutritional value from vitamins, minerals, protein and fibre are known as .

- (A) **Empty calories**
- (B) Malnutrition
- (C) Undernutrition
- (D) Calories

102. Pick the two correct answers:

The cereals and their products food group include the following foods:

- (A) **Bread.**
- (B) milk
- (C) **Rice**
- (D) beef

103. Pick the two correct answers:

and are two examples of simple carbohydrates.

- (A) **Sugar**
- (B) Nuts
- (C) **sweets**
- (D) Legumes

104. Nutrition is linked to immunity and the risk of illness.

- (A) **True**
- (B) False

105. Which of the following is a mineral

- (A) Fat
- (B) Protein
- (C) Vitamin D
- (D) **Calcium**

106. Vitamins and minerals are

- (A) Macronutrients
- (B) **Micronutrients**
- (C) Macro vitamins
- (D) Microminerals

107. How many calories should an average healthy man eat per day

- (A) 2000
- (B) **2500**
- (C) 3000
- (D) 3500

108. What is the mineral found in milk and dairy foods

- (A) Calcium
- (B) Iron
- (C) Zink
- (D) Copper

109. Poor nutrition can lead to

- (A) Development of diseases
- (B) Disease prevention
- (C) Nutrients
- (D) A balanced diet

110. Which famous landmark is the model used to show the national guidelines for the UAE

- (A) Burj Khalifa
- (B) Burj Al Arab
- (C) Dubai frame
- (D) Sheikh Zayed Grand Mosque

111. What does it mean to be hydrated

- (A) To drink enough water every day
- (B) To eat foods low in fat every day
- (C) To eat a healthy, balanced diet
- (D) To eat a vegetarian diet

112. Where can you find the number of calories in a food item

- (A) On the food label
- (B) On the shelf it is sold from
- (C) On the receipt from the supermarket
- (D) Asking a member of staff

113. What is the equation for finding energy balance

- (A) Energy balance = energy input – energy output
- (B) Energy balance = energy input + energy output
- (C) Energy balance = energy output – energy input
- (D) Energy output = energy balance – energy input

114. Salem is having reduced fat hummus with carrots as a snack. He does not have scales to measure a 55g serving of hummus. Which of the following could he use to measure 55g

- (A) Two tablespoons
- (B) Two hand cupped together
- (C) A small handful
- (D) A fist

115. How many calories should an average healthy woman eat per day

- (A) 2000
- (B) 2500
- (C) 3000
- (D) 3500

116. An examples of a green, leafy vegetables is

- (A) Spinach
- (B) Apple
- (C) Avocado
- (D) Pepper

117. A food label says that the packet contains 4 servings. The total weight of the packet is 100 grams. What is the weight of 1 serving

- (A) 25 grams
- (B) 50 grams
- (C) 75 grams
- (D) 100 grams

118. Which macronutrient is responsible for growth and repair of cells within the body

- (A) Carbohydrates
- (B) Protein
- (C) Fat
- (D) All of the above

119. Sultan has an energy balance of 0. What does this means

- (A) He has perfect energy balance and he will neither gain or lose weight
- (B) He has perfect energy balance and he will lose weight over time
- (C) He has positive energy balance and he will gain weight over time
- (D) He has negative energy balance and he will lose weight over time

120. Which type of fat should be limited in the diet

- (A) Saturated fats
- (B) Monounsaturated fats
- (C) Polyunsaturated fats
- (D) Unsaturated fats

121. Identify which food group is being described: these food are rich in calcium and protein which are important for strong bones and muscle contractions

- (A) Fruit and vegetables
- (B) Milk and dairy
- (C) Fats and oils
- (D) Meat, eggs and legumes

122. Which of the following is a food source of vitamin D

- (A) The sun
- (B) Eggs
- (C) Chicken
- (D) cheese

123. Khalifa and Ahmed are 28 years old. Khalifa plays basketball every day for a club and his body is muscular. Ahmed does not play sports but he likes to go for a walk on Friday. Who should eat more calories each day

- (A) They should eat the same
- (B) Ahmed
- (C) Khalifa
- (D) They should reduce their intake of calories

124. Which type of nutrient does the body need in large amounts
- (A) **Macronutrients**
 - (B) Micronutrients
 - (C) Minerals
 - (D) Vitamins
125. Which of the following is a general dietary guideline
- (A) Increase intake of foods that are high in fat
 - (B) Increase intake of foods that have high sugar content
 - (C) Reduce intake of fruit and vegetables
 - (D) **Reduce intake of foods that are high in salt**
126. What is the average size of portion of fruit and vegetables
- (A) **The amount you can fit in one hand**
 - (B) The amount you can fit in two hands cupped together
 - (C) The size of two thumbs
 - (D) Have of the size of your hand
127. You have found a 14-year old in cardiac arrest. You have been providing compressions and now are going to use an AED. What type of AED pads should you use?
- (A) Baby pads
 - (B) Pediatric pads
 - (C) **Adult pads**
 - (D) Adolescent pads

128. When should you make sure that the scene of an emergency is safe?
- (A) After you have called the emergency services
 - (B) Immediately after delivering a shock from an AED
 - (C) **Immediately when you find a casualty**
 - (D) When the emergency services arrive at the scene
129. When giving compressions to a baby, how far should you press down on the chest?
- (A) 3cm
 - (B) **4cm**
 - (C) 5cm
 - (D) None of the above are correct
130. Which of the following is an electronic device?
- (A) **AED**
 - (B) CPR
 - (C) Pocket mask
 - (D) Compression
131. What is the first step to take at the scene of an emergency?
- (A) Check for a response
 - (B) Open the airway of the casualty
 - (C) Leave the scene immediately
 - (D) **Make sure the scene is safe to enter**
132. What is the sequence of compressions to breaths in adult CPR?
- (A) **30 compressions followed by 2 breaths**
 - (B) 2 compressions followed by 30 breaths
 - (C) 15 compressions followed by 5 breaths

133. A person with high blood pressure (higher than 140/90mmHg) is known to have .

- (A) cardiac arrest
- (B) **hypertension**
- (C) heart failure
- (D) heart attack

134. If a baby is unresponsive and not breathing, you need to .

- (A) wait for the baby to wake up
- (B) use an AED
- (C) put the baby in the recovery position
- (D) **provide CPR**

135. Which of the following casualties is responsive?

- (A) The person blinks when you tap their shoulder
- (B) The person moves their arm when you tap their shoulder
- (C) The person talks when you tap their shoulder
- (D) **All of the above**

136. What must you open in order to give breaths to a patient?

- (A) Their eyes
- (B) **Their airway**
- (C) Their shoelaces
- (D) Their wallet

137. What is the normal respiration rate for a healthy adult?
- (A) 12-20 breaths per minute
 - (B) 60-100 beats per minute
 - (C) 120/80mmHg
 - (D) 36.5 - 37.2°C
138. In CPR, what are two rescuer compressions?
- (A) Two people take turns giving compressions to an individual, changing every two minutes
 - (B) Two people give compressions to the same person at the same time
 - (C) Two people give compressions at the same time to different people
 - (D) Using two hands to provide CPR
139. Enlarged ventricles are a sign of
- (A) cardiac arrest
 - (B) heart attack
 - (C) stroke
 - (D) heart failure
140. What is "hands-only CPR?"
- (A) When CPR is given to the hands of a casualty
 - (B) CPR where only compressions are given, without breaths
 - (C) When the hands are used to open the airway of the casualty
 - (D) Attaching the electric pads to the hands of the casualty

141. Where should you place each of your hands when opening the airway of a casualty?

- (A) Both hands on the soft part of the chin
- (B) Both hands on the solid part of the forehead
- (C) One hand on the forehead and the fingers of the other hand on the soft part of the chin
- (D) One hand on the forehead and the fingers of the other hand on the solid part of the chin

142. CPR is made up of two parts, what are they?

(i) Providing compressions

(ii) Giving breaths

143. What is the name given to the plastic item that fits over a casualty's nose and

mouth and allows the rescuer to provide breaths while protecting them from blood or disease?

- (A) Pocket mask
- (B) Hands only CPR
- (C) AED
- (D) Hazard mask

144. What is the normal pulse rate for a healthy adult?

- (A) 12-20 breaths per minute
- (B) 60-100 beats per minute
- (C) 120/80mmHg
- (D) 36.5 - 37.2°C

145. Which of the following statements is true about heart failure?

- (A) Heart failure is caused by an electrical problem
- (B) Heart failure happens when blood flow is stopped because of a build-up of plaque in the arteries
- (C) Heart failure is the most common cause of cardiac arrest
- (D) Heart failure happens when the muscles of the heart weaken and ventricles become too weak to pump blood around the body

146. In which of the following cases is CPR not needed?

- (A) The casualty is unresponsive and breathing normally
- (B) The casualty is unresponsive and gasping for air
- (C) The casualty is unresponsive and not breathing normally
- (D) All of the above

147. When providing compressions to an adult during CPR, push directly down on the centre of their chest at least .

- (A) 10cm
- (B) 2cm
- (C) 5cm
- (D) 15cm

148. How do you check for response in a baby?
- (A) Shake the baby
 - (B) Call the baby's name
 - (C) Tap the baby's shoulder
 - (D) Tap the baby's foot
149. Taking the patients vital signs is a part of the patients:
- (A) History
 - (B) Physical examination
 - (C) Treatment
 - (D) Personal information
150. Which of the following is incorrect about health assessment:
- (A) Should be carried out by a healthcare professional.
 - (B) the results will tell you about the health status of that person.
 - (C) The results are the same for all people.
 - (D) It is not limited to a certain number of tests or checks.
151. Which of the following is correct about vital signs:
- (A) They can only be done at the hospital.
 - (B) They do not require a lot of equipment
 - (C) They take a lot of time to be completed.
 - (D) Can't show if a person is getting better or worst over time.

152. One of the following vital signs is measured by a thermometer

- (A) Pulse
- (B) Blood pressure
- (C) **Body temperature**
- (D) Respiration.

153. Beats felt by pressing on the arteries that are located close to the surface of the skin.

- (A) **Pulse**
- (B) Blood pressure
- (C) Body temperature
- (D) Respiration.

154. Can be taken from mouth, ear canals, on the skin, or under the arm.

- (A) Pulse
- (B) Blood pressure
- (C) **Body temperature**
- (D) Respiration.

155. Can be taken from the wrist, the side of the neck and on the inside of the elbow.

- (A) **Pulse**
- (B) Blood pressure
- (C) Body temperature
- (D) Respiration.

156. A normal pulse rate for a healthy adult at rest is

- (A) 12-20 bpm
- (B) 40-60 bpm
- (C) 60-100 bpm
- (D) 100-120 bpm

157. For a healthy adult, the normal respiration rate at rest is

- (A) 12-20 bpm
- (B) 40-60 bpm
- (C) 60-100 bpm
- (D) 100-120 bpm

158. A vital sign reading that is recorded by two numbers

- (A) Pulse
- (B) Blood pressure
- (C) Body temperature
- (D) Respiration.

159. The diastolic blood pressure reflects:

- (A) The pressure inside the artery when the heart contracts and is filling with blood
- (B) The pressure inside the artery when the heart is at rest and filling with blood
- (C) The pressure inside the artery when the heart is at rest and is pumping blood
- (D) The pressure inside the artery when the heart contracts and pumps blood.

160. A person with a blood pressure reading of 150/95 is known to have
- (A) Low blood pressure (hypotension)
 - (B) Regular blood pressure
 - (C) High blood pressure (hypertension)
 - (D) Regular heartbeat.
161. The body system that is made up of the heart and blood vessels.
- (A) The nervous system
 - (B) The immune system
 - (C) The cardiovascular system
 - (D) The respiratory system
162. The left side of the heart:
- (A) Receives oxygen-poor blood from the rest of the body
 - (B) Receives oxygen-rich blood from the lungs
 - (C) Pumps oxygen-poor blood to the lungs
 - (D) Pumps oxygen-rich blood to the lungs
163. ----- happens when the heart muscles weaken, which causes the ventricles to enlarge (become bigger).
- (A) Cardiac arrest
 - (B) Heart attack
 - (C) Heart failure
 - (D) Stroke.

164. -----Is when the heart suddenly stops beating due to problems with the electrical systems in the heart.

- (A) **Cardiac arrest**
- (B) Heart attack
- (C) Heart failure
- (D) Stroke.

165. A person with cardiac arrest

- (A) Is unresponsive
- (B) Has no pulse
- (C) Doesn't breathe
- (D) **All of the above.**

166. The most common cause of cardiac arrest in adults is:

- (A) **Heart attack**
- (B) Choking
- (C) Drowning
- (D) Hypothermia

167. ----- occurs when the blood flow that brings oxygen to the heart is severely reduced or stopped.

- (A) Cardiac arrest
- (B) **Heart attack**
- (C) Heart failure
- (D) Stroke.

168. One of the following is not a symptom of heart attack.

- (A) Chest pain
- (B) Dizziness
- (C) Drooping face
- (D) Shortness of breath

169. This happens because coronary arteries become thicker and harder from a build-up of fat, cholesterol and other substances, called plaque. This slow process is known as

- (A) Cardiac arrest
- (B) hypertension
- (C) atherosclerosis
- (D) choking

170. One of the following is correct about cardiac arrest and heart attack

- (A) Cardiac arrest is a problem in the electrical system of the heart and heart attack is a problem with circulation
- (B) Heart attack is a problem in the electrical system of the heart and cardiac arrest is a problem with circulation
- (C) Both are problems in the electrical system of the heart.
- (D) In both cases, patients are unresponsive and not breathing.

171. CPR stands for:

- (A) Circulatory pulse rate
- (B) Cardiac pressure rate
- (C) Circular pulmonary resuscitation
- (D) **Cardiopulmonary resuscitation.**

172. One of the following is incorrect about CPR

- (A) CPR is a lifesaving technique
- (B) used on someone who is in cardiac arrest.
- (C) **You don't need qualification for it.**
- (D) Effective CPR can reverse cardiac arrest.

173. The chain of survival that shows the actions taken to treat adults with cardiac arrest start with

- (A) **Activation of emergency response**
- (B) Performing high quality CPR
- (C) Rapid defibrillation
- (D) Rehabilitation treatment.

174. The first step to follow before providing CPR is:

- (A) Call for help
- (B) Check for breathing
- (C) **Make sure the scene is safe**
- (D) Open airways

175. If a person does not move, speak, blink or otherwise react when you tap them, he/she is:

- (A) Responsive
- (B) **Unresponsive**
- (C) Not breathing
- (D) Having cardiac arrest

176. The correct (compression: breathing) rate in each CPR cycle is

- (A) 10:2
- (B) 30:1
- (C) **30:2**
- (D) 60:2

177. Before giving rescue breaths you should

- (A) Give 60 compressions
- (B) Use the AED
- (C) **Use head tilt/ chin lift to open airways**
- (D) Put casualty in recovery position

178. ----- will protect you (the rescuer) from blood, vomit, or disease

- (A) First aid kit
- (B) AED
- (C) Bandages
- (D) **Pocket mask**

179. What AED stand for in CPR

- (A) Automated exact defibrillator
- (B) Automated external defibrillator
- (C) Animated external defibrillator
- (D) Automated external damage

180. Which of the following is incorrect about AED?

- (A) portable, electronic device
- (B) CPR combined with using an AED is the best chance of saving the life of someone who has had a cardiac arrest.
- (C) You should decide when to give a shock.
- (D) are completely safe and are very easy to use

181. Adult AED pads can be used on all of the following except.

- (A) 50 years old male with cardiac arrest
- (B) An infant with cardiac arrest.
- (C) 60 years old female with cardiac arrest
- (D) A 12 years old male with cardiac arrest.

182. Before pressing the shock button on an AED during CPR you should

- (A) Pinch the nose closed
- (B) Hold the airway open
- (C) Clear the casualty
- (D) touch the pads

183. Most cardiac arrest in infants occur due to:

- (A) High blood pressure
- (B) Hypertension
- (C) Lack of oxygen
- (D) Heart attack

184. Choose four of the answers below.

The classic signs of heart attack

- (A) Chest pain
- (B) Shortness of breath
- (C) Pain in the left leg
- (D) Palpitation
- (E) Swelling of the mouth
- (F) dizziness

185. Choose three of the answers below.

Possible hazards at the scene of emergency

- (A) good weather
- (B) Unstable building
- (C) Electrical lines are down
- (D) Poisonous fumes
- (E) Empty road
- (F) Stable classroom

186. Choose four of the answers below.

Things to consider when using AED.

- (A) wipe the chest dry before attaching the pads
- (B) Never move the casualty if lying on water.
- (C) do not put the AED pad directly on the implanted device.
- (D) Make sure the casualty is totally dry before using AED.
- (E) Use the AED if the casualty is slightly wet.
- (F) remove any medicine patches, and wipe the area clean before attaching the pads

187. Choose four of the answers below.

Effective compressions during CPR for adults are:

- (A) 5 cm deep
- (B) 100-120 per minute
- (C) Not paused for more than 30 seconds
- (D) On a firm and flat surface
- (E) Allowing the chest to fully come back up.
- (F) Done if a patient has pulse.

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