

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



## مراجعة الوحدة الخامسة Promotion Health

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

<a href="#">حل مذكرة نهائية شاملة</a>	1
<a href="#">مراجعة سؤال وحواب</a>	2
<a href="#">مراجعة شاملة نهائية</a>	3
<a href="#">حل أسئلة الامتحان النهائي - العام</a>	4
<a href="#">نموذج الهيكل الوزاري - المتقدم</a>	5



Health sciences – Term 2 (2022 – 2023)

Revision – Unit 5 (Health Promotion)

Teacher: Arwa Abdelmoneim Elsir

1.	Which health education approach uses the media to reach a large amount of people?

2.	Which health education approach provides one-to-one health education?

3.	Public health aims to prevent a community or population from getting sick in the first place.	
	(A)	True
	(B)	False

4.	Match the following health interventions to the correct pillar of health promotion.	
	Pillar of health promotion	Health intervention
	1. Good governance	
	2. Healthy cities	
	3. Health literacy	
	<ul style="list-style-type: none"> <li>a) Displaying healthy eating posters in schools, malls and doctors' surgeries</li> <li>b) Creating a law that bans smoking indoors</li> <li>c) Organising a running competition in Abu Dhabi for all ages</li> </ul>	

5.	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

6.	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

7.	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

8.	Name three pieces of information that should be included when planning a health promotion campaign.	
	1.	_____
	2.	_____
	3.	_____

9.	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

10.	Healthcare professionals should educate patients on how to properly manage their illness.	
	(A)	True
	(B)	False

11.	Match the following approaches to health education to their correct definition.									
	<table border="1"> <thead> <tr> <th>Approach to health education</th> <th>Definition</th> </tr> </thead> <tbody> <tr> <td>Individual approach</td> <td></td> </tr> <tr> <td>Group approach</td> <td></td> </tr> <tr> <td>Mass audience approach</td> <td></td> </tr> </tbody> </table>		Approach to health education	Definition	Individual approach		Group approach		Mass audience approach	
	Approach to health education	Definition								
	Individual approach									
	Group approach									
Mass audience approach										
<ul style="list-style-type: none"> <li>a) When a medical professional teaches a group of people</li> <li>b) When the media is used to reach a large amount of people</li> <li>c) One-to-one health education</li> </ul>										

12.	Match the following words to their description.	
		Definition
	Health promotion	
	Health education	

a) An area of study  
b) A type of advertisement

13.	Which pillar of health promotion uses laws and policies to encourage healthy behaviours?	
	(A)	Good environments
	(B)	Health literacy
	(C)	Healthy cities
	(D)	Good governance

14.	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

15.	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

16.	Name one approach to health promotion.	

17.	Fill in the blanks.	
	_____ deals with preventing disease and promoting health at a community or population level. This is done by _____ or educating people about the _____ of an unhealthy lifestyle.	

a. risks      b. vaccinations      c. public health

18.	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

19.	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

20.	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

21.	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

22.	Which approach to health education uses the media to reach large population groups?	

23.	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

24.	The blue circle in the middle of the Ottawa Charter contains the_____.	
	(A)	three basic strategies for health promotion
	(B)	five main areas for action
	(C)	three pillars of health promotion
	(D)	approaches to health education

25.	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

26.	Match the pillars of health promotion in the table with the correct examples listed below.	
	1. Good governance	<input type="text"/>
	2. Healthy cities	<input type="text"/>
	3. Health literacy	<input type="text"/>
a. Building more cycle lanes in Abu Dhabi b. A restaurant putting nutrition information on their menu c. Laws that ban the use of mobile phones while driving		

27.	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

28.	Fill in the blanks in the following paragraph using the words from the table.	
	<p>_____ incidence is the _____ of people in a population that have a particular disease at a _____ time. Disease _____ is the number of _____ cases of a disease within a population at a given time.</p>	
a. prevalence    b. number    c. new            d. given            e. Disease		

29.	Name each of the three categories of the preventative medical approach.	
	(i)	_____
	(ii)	_____
	(iii)	_____

30.	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

31.	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

32.	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

33.	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

34.	The Ma'kom health promotion campaign is divided into four main programmes, complete the title below by naming one of the four programmes.	
	Ma'kom for _____	

35.	Match the approach of health education in the table with the correct description.	
	1. Individual approach	<input type="text"/>
	2. Group approach	<input type="text"/>
	3. Mass audience approach	<input type="text"/>
	a. When a health educator teaches a group of people about a health topic.	
b. One-to-one health education with a doctor or health educator.		
c. Using the media to teach a large population group about a health topic.		

36.	Which of the following groups is responsible for health promotion?	
	(A)	Healthcare professionals
	(B)	Schools
	(C)	Governments
	(D)	All of the options are correct

37.	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

38.	What two things are needed to be done before planning a health promotion campaign?	
	(i)	_____
	(ii)	_____

39.	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

40.	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

41.	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

42.	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

	The WHO created a framework for health promotion. What is this framework called:	
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43.	(A)	The Ottawa charter
	(B)	The Toronto guidelines
	(C)	The Vancouver directions
	(D)	The Montreal promise

44.	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

44.	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

45.	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

46.	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

47.	How many pillars of health promotion are there	
	(A)	1
	(B)	2
	(C)	3
	(D)	4

48.	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

49.	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

50.	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

51.	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

52.	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

53.	Who is responsible for health promotion	
	(A)	Health professionals
	(B)	Schools
	(C)	Governments
	(D)	All of the above

**Believe in yourself, stay strong, do the impossible**  
Arwa Abdelmoneim