

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



أوراق عمل مراجعة الوحدة السادسة متبوعة بالإجابات

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

التواصل الاجتماعي بحسب الصف الحادي عشر

[الرياضيات](#)

[اللغة الانجليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

روابط مواد الصف الحادي عشر على تلغرام

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

[حل مذكرة نهائية شاملة](#)

1

[مراجعة سؤال وحواب](#)

2

[مراجعة شاملة نهائية](#)

3

[حل أسئلة الامتحان النهائي - العام](#)

4

[نموذج الهيكل الوزاري - المتقدم](#)

5



**Term (2) – 2021/2022**

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**Revision Unit 6 – G11**

**Health Sciences**

1.

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

2.

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

3.

Describe one way the body uses energy/calories.

4.

Write one function of fat in the body.

5.

List **two** items of information you can find on a food label.

6.

Nuts and seeds such as cashews contain vitamin B6 which is needed to support a healthy immune system.

- |     |       |
|-----|-------|
| (A) | True  |
| (B) | False |

7.

Which of the following is a micronutrient?

- |     |               |
|-----|---------------|
| (A) | Fat           |
| (B) | Protein       |
| (C) | Calcium       |
| (D) | Carbohydrates |

8.	Women need to eat around 2000 calories each day, while men need around _____ calories each day.	
	(A)	2000
	(B)	2500
	(C)	3000
	(D)	3500

9.	How many calories are in one gram of protein?	
	(A)	2 Calories
	(B)	4 Calories
	(C)	6 Calories
	(D)	9 Calories

10.	Which of the following is a vitamin that supports a healthy immune system?	
	(A)	Vitamin E
	(B)	Zinc
	(C)	Calcium
	(D)	Vitamin C

11.	Sunlight provides our bodies with _____.	
	(A)	Vitamin A
	(B)	Vitamin B12
	(C)	Vitamin C
	(D)	Vitamin D

12.	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

13.	Which food group contains foods that are rich in calcium and protein?	
	(A)	Fruit and vegetables
	(B)	Cereals and their products
	(C)	Milk and dairy products
	(D)	Fats and oils

14.	There are 4 calories per gram of protein. Use this to work out how many calories come from 8 grams of protein.	
	(A)	2 calories
	(B)	4 calories
	(C)	10 calories
	(D)	32 calories

15.	Which of the following 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 balance = energy balance – energy input

16.	When talking about dietary reference intakes. What does the acronym RDA mean?	
	(A)	Real dietary advice
	(B)	Required dairy adaptations
	(C)	Recommended daily allowance
	(D)	Recommended dietary allowances

17.	The amount of energy and nutrients a person needs will depend on their _____.	
	(A)	Hair colour
	(B)	Location
	(C)	Physical activity level
	(D)	English language ability

18.	Which of the following statements is true about having a positive energy balance?	
	(A)	The calorie intake is the same as the amount of calories burned
	(B)	Over time, the person will lose weight
	(C)	The person is eating less calories than they burn
	(D)	Over time, the person will gain weight

19.	Which of the following is the most accurate way to measure portion sizes of food?	
	(A)	Weighing scales
	(B)	Hands
	(C)	Spoons
	(D)	Plates

20.	When someone eats more calories than they burn they are in _____ energy balance.	
	(A)	Perfect
	(B)	Negative
	(C)	Positive
	(D)	Regular

Fill in the blanks:

dairy	minerals	small	bodies
range	calcium	Vitamins	vitamin A

21.

Micronutrients are very important even though the body needs them in ..... amounts. .... and ..... are micronutrients. Some examples of vitamins are vitamin C, vitamin E, and ..... Examples of minerals are ..... iron, and magnesium. You can find calcium in the milk and ..... food group. We need to eat a wide ..... of foods in order to make sure we have enough vitamins and minerals in our .....

Calculate:



22.

..... X ..... = ..... calories from fat  
 ..... X ..... = ..... calories from carbohydrates  
 ..... X ..... = ..... calories from protein

Calculate:

Calcium	Macronutrient
Protein	
Vitamin C	Micronutrient
Iron	
Fat	
Carbohydrates	

23.

Calculate:

Look at the label below and calculate how many calories you would eat if you had 100g and 300g of the food. Write down your calculation in the space provided.

### Nutrition Facts

Serving Size 1 cup (200g)	
Servings per Container 4	
Amount Per Serving	
Calories 300	Calories from Fat 110
% Daily Value	
Total Fat 12g	20%
Saturated Fat 4g	22%
Cholesterol 0mg	0%
Sodium 70mg	6%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 5g	
Vitamin A 5%	Vitamin C 0%
Calcium 10%	Iron 0%

24.

100g

.....

300g

.....

Fill in the blanks:

### Nutrition Facts

Serving Size 1 cup (300g)	
Serving per container 4	
Amount per serving	
Calories 328	Calories from fat 50
% Daily Value*	
Total Fat 10%	30%
Saturated Fat 2.1%	13%
Trans Fat	
Cholesterol 70mg	24%
Sodium 210mg	13%

25.

How many servings are in one container? .....

How many grams are in one serving? .....

What is the total weight of this item of food?.....

Match:

26.

Hummus	Three handfuls
Breakfast cereal	One small glass
Cheese	Two tablespoons
Fruit juice	One small handful
Sunflower seeds	Two thumbs

True or false:

27.

	True	False
Weighing your food is not the best way to measure how much food you are having.		
A portion is how much of one type of food you eat in the whole day.		
By using portion control, you can make sure you do not overeat.		
Serving sizes are normally given on food labels.		
Regular overeating can cause obesity.		

Match:

28.

Energy balance	Calorie intake	What will happen over time?
Positive energy balance	The person eats the same number of calories as they use up	There will be no change in weight
Perfect energy balance	The person eats more calories than they use up	The person will lose weight
Negative energy balance	The person eats less calories than they use up	The person will gain weight

Tick:

29.

Put a tick beside each of the following people that you think should take a dietary supplement.

	Tick
Fatima is 15 years old. She is vegetarian and has a nut allergy. Fatima does not eat a large variety of foods and she has just found out she has an iron deficiency.	
Omar is worried about his vitamin D intake. He is 70 years old and he spends most of his time indoors. However, he eats eggs for breakfast most days and fish for dinner a few times a week.	
Khalfan has celiac disease. This is a disease of the digestive system and as a result, his body only absorbs around 50% of the nutrients he eats. Khalfan often becomes sick and he thinks that celiac disease is the reason why his immune system is so weak.	



30.

Match:

Olive oil	Fruit and vegetables
Egg	Cereals and their products
Tomato	Meat, eggs and legumes
Baklava	Milk and dairy foods
Bread	Fats and oils
Milk	Other foods

## Answers Key

1	5 servings
2	4 servings ( $100/25 = 4$ )
3	<ul style="list-style-type: none"><li>• Physical activity</li><li>• Body processes e.g. respiration and digestion</li><li>• BMR/surviving</li></ul>
4	<ul style="list-style-type: none"><li>• Protection of organs</li><li>• Provides energy</li><li>• Keeps the body warm</li></ul>
5	<ul style="list-style-type: none"><li>• The amount of food in a serving</li><li>• Where the food was made</li><li>• Ingredients</li><li>• Nutrition information (e.g. calories)</li><li>• Expiry date</li><li>• Information about the food</li><li>• Barcode</li><li>• Contact information</li><li>• Allergens</li></ul>
6	A – True
7	C – Calcium
8	B – 2500
9	B – 4 calories
10	D – Vitamin C
11	D – Vitamin D
12	C – Burj Khalifa
13	C – Milk and dairy foods
14	D – 32 calories
15	A – Energy balance = energy input – energy output
16	D – Recommended dietary allowances
17	C – Physical activity level
18	D – Over time, the person will gain weight
19	A – Weighing scales
20	C - Positive

**You can use your text book to finish the other questions answers**

Believe in yourself, stay strong, do the impossible

رؤية المدرسة: شخصية قيادية مبدعة لجيل واع يسمو لتطوير ذاته ووطنه وأمتة  
رسالة المدرسة: مدرسة براعم العين الخاصة تهدف إلى تعليم متميز لإعداد جيل واع يستفيد من قدراته ويواجه تحديات العصر طبقاً للمنظومة التربوية والتعليمية  
بدولة الإمارات العربية المتحدة