

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



مراجعة سؤال وجواب

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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Grade 11 General EOT2 22-23 Exam Practice Questions and Answers

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1. What is the meaning of a health promotion campaign?

Answer: A public message aimed at improving health

2. What are some ways in which health promotion can occur?

Answer: Posters, videos, leaflets, radio, and television advertisement, campaigns

3. What law was introduced in the UAE to reduce the spread of COVID-19?

Answer: Law requiring mandatory mask wearing in public

4. What law was introduced in the UAE to reduce road traffic accidents?

Answer: Law mandating the use of seat belts in all vehicles

5. What is the name of a fruit?

Answers: Apple, banana, mango, orange, strawberry

6. What is the name of a vegetable?

Answers: Carrot, cucumber, cauliflower, Corn, Broccoli, Spinach, Lettuce
Eggplant

7. How does the body use energy?

Answer: For work, physical activities, breathing, digestion, blood circulation

8. Where do we get energy from?

Answer: From carbohydrates, proteins, and fats in our diet

9. What is an example of a green leafy vegetable?

Answer: Lettuce, Spinach, Kale

10. What is a benefit of eating green leafy vegetables?

Answer: They contain vitamins and minerals which help improve our immune system, good for bone health, improve eyesight, improve skin and hair health and appearance.

11. How does the body use calories?

Answer: To produce energy and perform physical activities and daily tasks

12. Where do we get calories from?

Answer: From carbohydrates, proteins, fats, fruits, and vegetables in our diet

13. What are some topics addressed by health promotion?

Answer: Physical activity, eat healthy diet, cut down on fat and sugar, quit smoking

14. How can health promotion be used to promote a balanced diet?

Answer: By providing information on posters, videos, leaflets, social media, radio, television about healthy eating habits

15. How is respiration measured?

Answer: By counting the number of breaths someone takes in one minute, when they are resting.

16. What is a healthy body temperature for an adult?

Answer: 36.5-37.2°C

17. How do you check that a casualty is breathing?

Answer: Look, listen, and feel for breathing

18. How do you open the airway of a casualty?

Answer: Gently tilt the head back, and lift the chin

19. Explain the first steps to take at the scene of an emergency?

Answer: Check that the scene is safe, check for response, shout for help, call 998 and get an AED, check for breathing.

20. What are dangers at the scene of an emergency?

Answer: Oncoming cars, Toxic fumes, smoke, fallen electrical lines, spilled oil on the floor, sharp objects

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

Answer: Health Literacy

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

Answer: Creating green spaces, safe walking, and biking paths

23. What is the definition of each approach to health education?

Answer: Individual approach- One-on-one education

Group approach- This is when a health educator educates a group of individuals.

For example, the teacher and your class in health science lessons

Mass audience approach- Uses mass media to reach large population groups.

May be given through radio, television, the internet, newspapers, and magazines

24. What are the approaches to health education?

Answer-Individual approach, Group approach, Mass audience approach

25. What is the purpose of the 'Keep on beating' health promotion campaign?

Answer- To raise awareness about cardiovascular disease and promote heart health

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

Answer- 'Keep on beating'

27. List contemporary health problems in the UAE.

Answer- Non-communicable diseases, car accidents and injuries, Mental health problems

28. What is a contemporary health problem?

A health problem that is modern, new, and currently affecting a population

29. Name two things that must be completed when planning a health promotion campaign?

Answer- Needs assessment and target setting

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

Answer- What the intervention is trying to achieve (the aim of the campaign)

Who will benefit

The changes that should have happened by the end of the campaign

How long the programme will last

Benefits of the programme

31. Where should the pads from an AED be placed?

Answer- One pad on the upper right side of the chest, just below the collar bone, and the other pad is placed on the lower left side of the chest.

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

Answer- Automated External Defibrillator (AED)

33. What are the skills involved in giving CPR? a)

Answer- Chest compressions and rescue breaths

34. What is the sequence of compressions to breaths in CPR?

Answer: 30 compressions to 2 breaths

35. Define macronutrients.

Answer- Nutrients that are needed in large amounts, such as carbohydrates, proteins, and fats

36. Define micronutrients.

Answer- Nutrients needed in small amounts, such as vitamins and minerals

37. What causes the heart to stop beating?

Answer- Heart failure, Cardiac arrest, heart attack

38. What are the signs of a cardiac arrest?

Answer- Unresponsive

sudden loss of consciousness

No breathing

No pulse

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

Answer:- 2,500 calories

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

Answer: 2,000 calories

41. The UAE National Nutrition guide is shaped like which landmark?

Answer: Burj Khalifa

42. List the sections on the UAE National Nutrition guide?

Answer: Food groups, portion sizes, balanced healthy eating

43. What is the blood pressure reading for hypertension?

Answer: 140/90 mmHg

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

Answer: Blood pressure

45. What is the normal respiration rate for a healthy adult at rest?

Answer: 12-20 breaths per minute

46. What is the normal pulse rate for a healthy adult at rest?

Answer: 60-100 beats per minute

47. Calculate how many calories are in 5 grams of fat. Remember there are 9 calories in 1 gram of fat.

Answer: 45 calories

48. Calculate how many calories are in 9 grams of protein. Remember there are 4 calories in 1 gram of protein.

Answer: 36 calories