

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



حل نموذج امتحاني وفق الهيكل الوزاري - بنات

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

التواصل الاجتماعي بحسب الصف الثاني عشر



روابط مواد الصف الثاني عشر على تلغرام

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

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# Revision -Grade 12

2022-2023



## Health science

### Second term-EOT2

1- Why do we need calcium in our diet?

Our body needs calcium to build healthy bones, without enough calcium, a person could develop a disease called osteoporosis. (page 19).

2-Name a disease of a skeletal system?

Osteoporosis.

3-What type of assessment requires recording all food eaten in a time period?

Three-day food diary. (page 76).



#### 4-What are dietary intakes?

The letter D in ABCDE stands for dietary intakes, this is when the patient must record their eating patterns in a given period of time. (page 74)

#### 5-Give an example of PPE?

Gloves–masks–gowns–overall–eye protection. (page 43).

#### 6-why do doctors wear PPE?

To protect them from catching an infection from the patient. (page 43).

#### 7-what causes healthcare infections?

Bacteria, fungi and viruses. (page 39).

#### 8-what three things are needed for an infection to spread?

Source–person–transmission. (page 38).

#### 9-what is disease prevention?

It means stopping or lowering the chance of getting a disease or illness. (page 10)

#### 10-How can diseases be prevented?

A–living a healthy lifestyle.

B–practicing good personal hygiene.

C–having regular medical check–ups. (page 10).

#### 11-What is the advice for someone who is overweight?

Losing some weight in a healthy way. (page 64 ,19)

#### 12-Describe the advice for someone whose BMI is healthy?



Maintain this weight by eating a healthy, balanced diet. (page 64).

13-Can non-communicable diseases spread from one person to another?

No

14- What is communicable disease?

It is caused by bacteria, viruses and parasites which can be spread from one person to another. (page 12).

15-How does a doctor check that a foetus is growing and developing at a healthy rate?

By using ultrasound scans. (page 150)

16-What is an ultrasound scans used for?

To check if the foetus is growing and developing at a healthy rate. (page 150)

17-What is pregnancy?

It is the time when a woman carries her developing embryo/foetus in her womb, it is known also as gestation. (page 124)

18-Identify the stages of lifecycle that are involved in pregnancy?

Stages of pregnancy in pages (125-126-127-128)

19-How long does pregnancy last?

Between 40 and 42 weeks. (page 128)

20-What is the name given to the stages of pregnancy?

Trimesters.

21-How does a cholesterol have a negative effect on health?

It can block the blood vessels and increase the risk of cardiovascular diseases.



(page 20).

## 22-What is cholesterol?

It is a type of fat that is made by the body and found in certain foods. (page 20)

## 23-Describe the WHO recommendations for physical activities?

Children and teenagers aged 5–17 years old:

A–should do at least 60 minutes of moderate to high–intensity activity each day.

B–should do activities that strengthen muscles and bones at least three times a week.

Adults aged 18–64 years old:

A–at least 150 minutes of moderate–intensity activity or 75 minutes of high–intensity activity each week.

B–for more benefits, adults should do 300 minutes of moderate–intensity activity or more each week.

C–aerobics activities such as running or swimming should last at least 10 minutes at a time.

D–activities that strengthen the muscles such as weight training should be done at least two times each week. (page 27)

## 24-List examples of moderate-intensity physical activity?

- Moderate walking (around 5 Km per hour).
- cycling (less than 16 Km per hour)
- swimming slowly
- gardening/heavy housework.



-golf (page 28)

**25-How does physical activity benefit social health?**

Increase confidence-learn leadership skills-make new friends-increase motivation to exercise. (page 26).

**26-How does physical activity benefit mental and emotional health?**

It reduces stress and improves mood due to releasing endorphins which makes you feel happy and improve your mood. (page 26).

**27-What are screening tests?**

These involve testing people to see if they have any signs of a disease, they are done on healthy people. (page 30)

**28-What are diagnostic tests?**

They are done when a person has any signs or symptoms of a disease or has a positive result from a general screening. (page 37)

**29-What type of test is done to screen for bowel cancer?**

Test to find blood in stools or colonoscopy. (page 36)

**30-What is a mammogram?**

It is a type of test to screen for breast cancer. (page 36)

**31-What are growth charts?**

They are charts for all children up to nineteen years of age, provided by the WHO to compare height and weight against people of the same age and gender. (page 57)

**32-What do percentiles on growth charts mean?**



It shows how many other people of the same age are taller, shorter and the same height. (page 60).

**33-What is a healthy waist circumference for males?**

Less than 94 cm. (page 55)

**34-What is a healthy waist circumference for females?**

Less than 80 cm. (page 55)

**35-Give an example of a biochemical method of measuring nutritional status?**

Testing samples of blood and urine. (page 70)

**36-What is the most accurate way to find a micronutrient deficiency?**

Biochemical methods.

**37-What name is given to the first form of milk produced by a mother?**

Colostrum. (page 156)

**38-what is the relationship between colostrum and meconium?**

Colostrum is the first form of milk that is produced by the mother after the baby is born and colostrum helps the body to get rid of meconium which is the first stool of the baby after birth. (page 156)

**39-What are the WHO recommendations on breastfeeding?**

WHO recommends that women breastfeed exclusively for the first six months, this means that no other food or drinks are given to the baby during this time. (page 155).

**40-Describe the symptoms felt in the first trimester of pregnancy?**

Fatigue–heartburn–missed period–nausea and possibly vomiting. (page 126)



**41-Describe the symptoms felt in the second trimester of pregnancy?**

The women start to feel well, morning sickness eases off and the growth of the foetus is noticed as the bump gets larger. (page 127)

**42-Why is folate an important nutrient to have during pregnancy?**

It can help prevent the foetus developing defects of the nervous system.

**43-What are the extra nutritional requirements during pregnancy?**

Folic acid–calcium–iron. (page 141–142–143)

**44-When should a pregnant woman seek for emergency medical care?**

No movement from the foetus–excessive fatigue–excessive thirst–feeling of anxiety–heavy bleeding–more than three contractions per hour–sudden loss of fluid–unexplained pains. (page 152)

**45- Shahad is 25-year female, her height is 162 cm, her weight is 72.8 kg and her body fat are 25.7 kg.**

**A-what is the formula used to calculate BMI?**

**B-Calculate BMI for Shahad?**

**C-identify the BMI category?**

**D-How could shahad improve her BMI score?**

**E-what is the formula used to calculate body fat percentage?**

**F-calculate body fat percentage for Shahad?**

**G- Name three anthropometric measurements?**

***Best wishes***

**Wissam Alzoubi**