

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



أسئلة مهارية نهاية الفصل المسار العام

[موقع المناهج](#) ⇨ [المناهج الإماراتية](#) ⇨ [الصف الثاني عشر](#) ⇨ [علوم صحية](#) ⇨ [الفصل الثاني](#) ⇨ [الملف](#)

تاريخ نشر الملف على موقع المناهج: 10:25:55 2024-02-28

التواصل الاجتماعي بحسب الصف الثاني عشر



روابط مواد الصف الثاني عشر على تلغرام

[الرياضيات](#)

[اللغة الانجليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

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

[الهيكل الوزاري أولاد المسار العام](#)

1

[الهيكل الوزاري بنات المسار العام](#)

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[حل اختبار مهارات الوحدة السابعة المسار المتقدم - بنات](#)

5

Health Sciences
EOT2 Practice Questions
 Grade 12 General

No.	Practice Questions								
1.	<p>1. What does a disease or illness do?</p> <p>.....</p> <p>.....</p> <p>2. What are two reasons why a person might develop a disease or illness?</p> <p>.....</p> <p>.....</p> <p>3. What is preventing or lowering the chance of getting a disease called?</p>								
2.	<p>Match the type of disease to the correct description.</p> <table style="width: 100%; border: none;"> <tr> <td style="border: 1px solid black; padding: 10px; width: 50%;">Can be passed from one person to another</td> <td style="border: 1px solid black; padding: 10px; width: 50%;">Non-communicable disease</td> </tr> <tr> <td style="border: 1px solid black; padding: 10px;">Cannot be passed from one person to another</td> <td style="border: 1px solid black; padding: 10px;">Communicable disease</td> </tr> </table>	Can be passed from one person to another	Non-communicable disease	Cannot be passed from one person to another	Communicable disease				
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Cannot be passed from one person to another	Communicable disease								
3.	<p>Match the non-modifiable risk factor to the description.</p> <table style="width: 100%; border: none;"> <tr> <td style="border: 1px solid black; border-radius: 10px; padding: 10px; width: 50%;">Gender</td> <td style="border: 1px solid black; border-radius: 10px; padding: 10px; width: 50%;">A large group of people with the same customs or origin.</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 10px; padding: 10px;">Family history</td> <td style="border: 1px solid black; border-radius: 10px; padding: 10px;">Whether a person is male or female.</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 10px; padding: 10px;">Age</td> <td style="border: 1px solid black; border-radius: 10px; padding: 10px;">Information about family members medical condition's.</td> </tr> <tr> <td style="border: 1px solid black; border-radius: 10px; padding: 10px;">Ethnicity</td> <td style="border: 1px solid black; border-radius: 10px; padding: 10px;">How old a person is.</td> </tr> </table>	Gender	A large group of people with the same customs or origin.	Family history	Whether a person is male or female.	Age	Information about family members medical condition's.	Ethnicity	How old a person is.
Gender	A large group of people with the same customs or origin.								
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Ethnicity	How old a person is.								

4.

Look at the list of risk factors. Decide if they are modifiable (M) or non-modifiable (NM). Put a tick in the correct column.

Risk factor	M	NM
Gender (male or female)		
Sedentary lifestyle (lack of exercise)		
Type 2 diabetes		
Age		
Family history (genetics)		
High blood pressure (hypertension)		
Smoking		
Being overweight or obese		
Ethnicity		

5.

Sayed likes to eat fast food every day. He has gained a lot of weight. When Sayed visited his doctor, the doctor said that he is obese and is at risk of developing diabetes.

A lifestyle change that you would advise Sayed to make:

6.

Below is a list of benefits of doing physical activity. Decide if they are related to mental and emotional health or social health. Draw an a line from the description to the correct answer.

increased confidence

make new friends

improve your mood

improved energy levels

raised brain function

increased motivation to exercise

learn leadership skills

improved wellbeing



7.

Choose the correct answers about the recommended amount and type of exercise.

Children and teenagers aged 5-17 years old

Should do moderate to high-intensity activity each day for at least:	60 minutes
	15 minutes
Should do activities that strengthen muscles and bones at least:	3 times a week
	Once a week

Adults aged 18-64 years old

Should do moderate-intensity activity each week for at least:	60 minutes
	150 minutes
Should do activities such as running for at least how long at a time:	10 minutes
	3 minutes
Activities such as weight training should be done at least:	Once a week
	2 times a week

8.

From the list below, choose the benefits of physical activity for physical health.

Improved lung function.	
Can control body weight.	
More risk of developing diseases.	
Improved muscular strength.	
Makes people gain weight.	
Reduced risk of certain diseases.	
Improved bone strength.	

9.

Decide if you think these activities are moderate-intensity (M) or high-intensity (H).

	M or H?
Cycling over 16km per hour	
Gardening	
Walking at about 5km per hour	
Running	
Doing housework	

10.

For each of the different ages, write two recommended screening tests.

20s and 30s

.....

40s

.....

50s and 60s

.....

11.

Fill in the missing parts of the table about screening tests for adults.

For	To screen for	Type of test	Screening frequency
People over 20 years old		Body mass index (BMI) and waist circumference	
People over 20 years old	Hypertension (high blood pressure)		Every 2 years (more if high risk)
	Diabetes High cholesterol	Fasting blood glucose/ lipids test	Every 3 years (more if high risk)
People over 50 years old		Test to find blood in stools OR colonoscopy	
	Cervical cancer	Pap smear test	
Women 50-69 years old	Breast cancer		Every 2 years
	Prostate cancer	Blood test or physical examination	

12.

Choose an answer from the options below to answer the questions about screening results.

diagnostic tests	low risk	they might have
high risk	they do not have	writing test

1. If someone gets a 'negative' result from a screening test does it mean that they are at high or low risk for the condition they were screened for?

.....

2. If a person gets a 'positive' result from a screening, does it mean that they might have, or that they do not have, the condition they were screened for?

.....

3. What further tests does a person need if they have a positive screening result?

.....

<p>13.</p>	<p>Match the description to the type of test.</p> <table border="0" style="width: 100%;"> <tr> <td style="border: 1px solid #add8e6; padding: 10px; width: 50%;"> <p>This is done when a person has signs or symptoms of a disease or has had a positive screening test.</p> </td> <td style="border: 1px solid #add8e6; padding: 10px; width: 50%; text-align: center;"> <p>Diagnostic tests</p> </td> </tr> <tr> <td style="border: 1px solid #add8e6; padding: 10px;"> <p>This is done when people who do not have any signs or symptoms of a disease.</p> </td> <td style="border: 1px solid #add8e6; padding: 10px; text-align: center;"> <p>Screening</p> </td> </tr> </table>	<p>This is done when a person has signs or symptoms of a disease or has had a positive screening test.</p>	<p>Diagnostic tests</p>	<p>This is done when people who do not have any signs or symptoms of a disease.</p>	<p>Screening</p>
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<p>This is done when people who do not have any signs or symptoms of a disease.</p>	<p>Screening</p>				
<p>14.</p>	<p>Write immunisation or screening in the spaces provided.</p> <table border="0" style="width: 100%;"> <tr> <td style="border: 1px solid #add8e6; padding: 10px; width: 50%;"> <p>When people are made resistant to an infectious disease, usually by the injection of a vaccine</p> </td> <td style="border: 1px solid #add8e6; padding: 10px; width: 50%;"> <p>.....</p> </td> </tr> <tr> <td style="border: 1px solid #add8e6; padding: 10px;"> <p>Testing people to see if they have any signs of a disease or illness</p> </td> <td style="border: 1px solid #add8e6; padding: 10px;"> <p>.....</p> </td> </tr> </table>	<p>When people are made resistant to an infectious disease, usually by the injection of a vaccine</p>	<p>.....</p>	<p>Testing people to see if they have any signs of a disease or illness</p>	<p>.....</p>
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<p>Testing people to see if they have any signs of a disease or illness</p>	<p>.....</p>				
<p>15.</p>	<p>Answer the questions about screening or diagnostic tests.</p> <p>Which type of test checks for early signs of disease?</p> <p>.....</p> <p>Which type of test is done when signs of a disease have been identified?</p> <p>.....</p> <p>Which type of test is low cost?</p> <p>.....</p>				

16.

Match the type of healthcare infection to its description.

Urinary tract infection

An infection in one or both lungs

Bloodstream infection

An infection in the area of an operation

Surgical infection

An infection in the kidneys and bladder

Meningitis

An infection of the brain and spinal cord

Pneumonia

An infection in the blood

17.

Circle the correct answers about the causes of healthcare infections.

What can cause healthcare infections?

non-communicable diseases.

bacteria, fungi, and viruses.

Healthcare infections are usually spread by:

eating high-fat foods.

person-to-person contact.

People are more at risk of healthcare infections if they are:

already sick.

fit and healthy.

18.

Write your own definition of malnutrition and undernutrition.

Malnutrition

.....
.....
.....

Undernutrition

.....
.....
.....

19.

Identify at least three reasons why nutritional assessment is important.

20.

Identify the ABCDE methods for assessing nutritional status.

A.....



B.....



C.....



D.....



E.....



21.

The table below shows various peoples' waist circumference. Decide if their waist circumference is desirable (D), high risk (HR), or very high risk (VHR). Circle the correct answer.

Name	Waist circumference	Classification
Meera	82cm	D / HR / VHR
Fatima	76cm	D / HR / VHR
Ahmed	98cm	D / HR / VHR
Suhail	105cm	D / HR / VHR

22.

Write the formula that is used to calculate BMI. Don't forget to include the units.

23.

Match the BMI on the left with the correct classification on the right.

BMI	BMI classification
30+	Overweight
18.5-24.9	Obese
<18.5	Underweight
25-29.9	Normal

24.	<p>Match the method of measuring nutritional status with the description.</p> <table border="1" data-bbox="298 258 1336 722"> <tr> <td data-bbox="298 258 540 348">Anthropometric measurements</td> <td data-bbox="786 258 1336 348">Laboratory measurements</td> </tr> <tr> <td data-bbox="298 348 540 441">Biochemical methods</td> <td data-bbox="786 348 1336 441">Medical history review and physical examination</td> </tr> <tr> <td data-bbox="298 441 540 533">Clinical methods</td> <td data-bbox="786 441 1336 533">Physical measurements of the body</td> </tr> <tr> <td data-bbox="298 533 540 625">Dietary assessment</td> <td data-bbox="786 533 1336 625">A record of the patient's eating patterns</td> </tr> <tr> <td data-bbox="298 625 540 718">Environmental factors</td> <td data-bbox="786 625 1336 718">Consideration of social, cultural and economic factors</td> </tr> </table>	Anthropometric measurements	Laboratory measurements	Biochemical methods	Medical history review and physical examination	Clinical methods	Physical measurements of the body	Dietary assessment	A record of the patient's eating patterns	Environmental factors	Consideration of social, cultural and economic factors
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25.	<p>2. Mohammed Height 1.79m Weight 55kg</p> <p>BMI</p> <p>.....</p> <p>BMI classification</p>										
26.	<p>3. Rashid Height 1.77m Weight 85kg</p> <p>BMI</p> <p>.....</p> <p>BMI classification</p>										
27.	<p>Circle the methods of measuring body fat.</p> <table border="1" data-bbox="310 1514 1362 1719"> <tr> <td data-bbox="310 1514 662 1617">Bioelectrical impedance</td> <td data-bbox="662 1514 1011 1617">Weighing scales</td> <td data-bbox="1011 1514 1362 1617">Tape measure</td> </tr> <tr> <td data-bbox="310 1617 662 1719">BMI</td> <td data-bbox="662 1617 1011 1719">DEXA scanner</td> <td data-bbox="1011 1617 1362 1719">Skinfold thickness</td> </tr> </table>	Bioelectrical impedance	Weighing scales	Tape measure	BMI	DEXA scanner	Skinfold thickness				
Bioelectrical impedance	Weighing scales	Tape measure									
BMI	DEXA scanner	Skinfold thickness									
28.	<p>Write the formula that is used to calculate body fat percentage.</p>										

29.	<p>Calculate body fat percentage for Mansoor.</p> <p>Body fat: 12kg TBW: 84kg Age: 25 years</p> <p>.....</p> <p>.....</p> <p>Colour group</p>												
30.	<p>Calculate body fat percentage for Mouza.</p> <p>Body fat: 18kg TBW: 75kg Age: 58 years</p> <p>.....</p> <p>.....</p> <p>Colour group</p>												
31.	What are the clinical signs of rickets?												
32.	Hair that is thin and breaks easy is a clinical sign of which deficiency?												
33.	Write down some advantages and disadvantages of each type of dietary assessment.												
34.	List the three types of dietary assessment.												
35.	<p>4. What are the second and third biggest causes of death worldwide?</p> <p>.....</p> <p>.....</p>												
36.	<p>Choose three ways that having positive health behaviours can improve someone's life.</p> <table border="1" data-bbox="302 1444 1344 1759"> <thead> <tr> <th></th> <th>Yes or No?</th> </tr> </thead> <tbody> <tr> <td>They can increase the risk of getting a disease.</td> <td></td> </tr> <tr> <td>They can help to increase life expectancy.</td> <td></td> </tr> <tr> <td>They can increase wellbeing.</td> <td></td> </tr> <tr> <td>They don't make a difference to people's health.</td> <td></td> </tr> <tr> <td>They can reduce the risk factors for disease.</td> <td></td> </tr> </tbody> </table>		Yes or No?	They can increase the risk of getting a disease.		They can help to increase life expectancy.		They can increase wellbeing.		They don't make a difference to people's health.		They can reduce the risk factors for disease.	
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They don't make a difference to people's health.													
They can reduce the risk factors for disease.													

37.

Circle the positive health behaviours.

having a balanced diet
being overweight exercising once a week
drinking enough water each day
sleeping 8 hours a night being a healthy weight
eating fast foods every day
exercising for 30 minutes each day
sleeping for 5 hours a night

38.

Match the words below to their meaning.

behaviour change	change	influence	behaviour
------------------	--------	-----------	-----------

doing something different from how it used to be done	a different way of behaving	how a person acts	something that affects the way a person behaves
---	-----------------------------	-------------------	---

39.

Which two sentences best describe the natural environment? Circle your answers.

The natural environment is made up of buildings, cars, and roads.

The natural environment includes the air, land and water.

The natural environment includes the weather.

The natural environment is man-made.

<p>40.</p>	<p>An escalator is something that was made to make people's lives easier. But it can also stop people from making a healthy choice since they can use the escalator instead of walking up the stairs.</p> <p>Now think about another man-made thing: cars. Work in groups to answer the questions below.</p> <p>1. What are the benefits of cars?</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>2. Do you think there are any negative things about cars?</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>3. Do you think cars are a more positive or negative influence on health?</p> <p>.....</p>
<p>41.</p>	<p>Use the textbook to finish the sentences about the social environment.</p> <p>The social environment includes all the personal things that surround a</p> <p>It includes our relationships with other people, the society we live in and our</p> <p>Many things that people do are influenced by the people that they know such as family and</p>
<p>42.</p>	<p>Salim thinks that if he starts to exercise now, and keeps it up for three months, then he will be more fit and strong.</p> <p>What personal factor is this?</p>

43.

Look at the words below. Decide if they are part of the natural/man-made environment or the social environment. Write them under the correct heading in the table.

buildings	roads	society	weather
land	air	cars	culture
family	relationships	water	trees

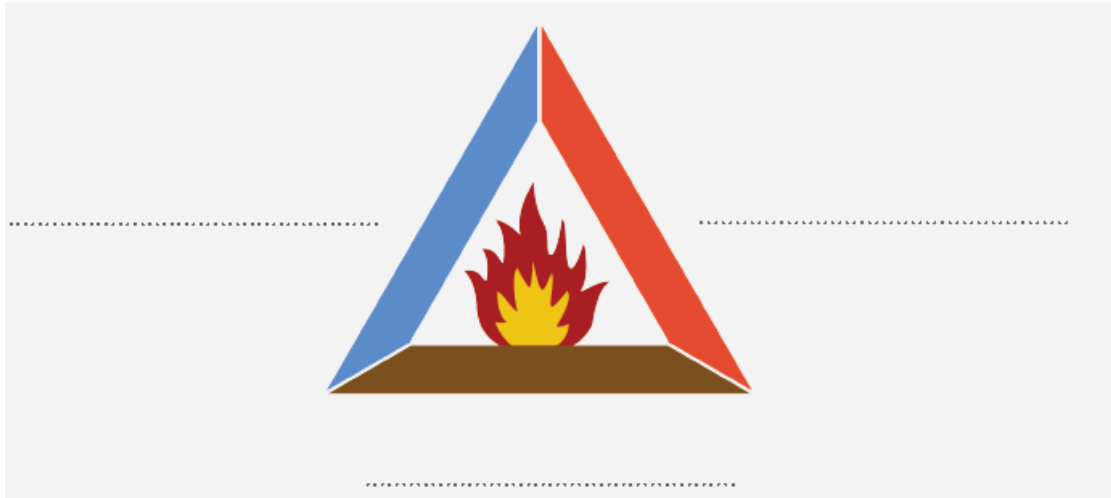
44.

3. Dubai Crown Prince His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum announced last year that Dubai will become a bicycle-friendly city. The city will create more cycle routes for everyone to use.
What type of intervention is this?

Male only questions:

45. List an example of fuel for a fire.

46. Complete the fire triangle.



47. Circle the three elements needed to make a fire.

oxygen	water	heat
smoke	fuel	sand

48. What is the best way to deal with each type of fire?

Type of Fire	Action to take
Oil fire	
A small rubbish fire	
Electrical fire	

49. Why should water never be used on an oil fire?

50. What are the four steps to using a fire extinguisher?

51. Identify the best type of fire extinguisher for the following fires.



Type of fire extinguisher:



Type of fire extinguisher:



52.

Look at the statements below. Circle the ones that are part of the evacuation safety rules.

If there is smoke 'get low and get out'	Help others where needed	If there is smoke 'get low and stay there'
Use the elevators, they are quicker	Run for an exit	Do not run
Do what you want	Do as you are instructed	Don't use elevators

53.

What is the leading cause of death for young adults and children between the age of 5-29 years?

54.

Are males or females more likely to be killed in a road traffic crash?

55.



What does the top number (110) on the sign mean?

.....

What does the second number (80) on the sign mean?

.....

What does the bottom number (60) on the sign mean?

.....

56.

List three of the main reasons for traffic accidents in the United Arab Emirates.

57.

If you are driving in heavy rain or fog you should:

58.

Put the following causes of road accidents in the UAE into the correct order with 1 being the cause of most accidents. Number 1 and 7 have been done for you.

Dangerous driving	
Lack of attention or judgement	
Reversing in a dangerous way	7
Not following the road lines	
Driving without keeping a safe distance	
Sudden swerving/lane changing	1
Entering a road without checking that it is clear	

59.

	Yes	No
Does a 25-year-old man travelling in the back seat of a car need to wear a seatbelt?		
Can a 10-year-old boy sit in the front seat of a car?		
Does the driver of a car always need to wear a seatbelt?		
Can a 9-year-old girl sit in the front seat of a car?		
Is the fine for not wearing a seatbelt AED 200?		
Do car seats need to be used for children under the age of 10?		

Female only questions:

60.	<p>Identify which trimester each of the following changes happen.</p> <table border="1" data-bbox="305 317 1369 632"><tr><td data-bbox="305 317 662 422">Gender is apparent</td><td data-bbox="662 317 1008 422">Full-term</td><td data-bbox="1008 317 1369 422">Organs form</td></tr><tr><td data-bbox="305 422 662 527">Eyes can open and close</td><td data-bbox="662 422 1008 527">Foetus develops</td><td data-bbox="1008 422 1369 527">Foetus is in position for childbirth</td></tr><tr><td data-bbox="305 527 662 632">Umbilical cord forms</td><td data-bbox="662 527 1008 632">Fingerprints form</td><td data-bbox="1008 527 1369 632">Bones begin to harden</td></tr></table>	Gender is apparent	Full-term	Organs form	Eyes can open and close	Foetus develops	Foetus is in position for childbirth	Umbilical cord forms	Fingerprints form	Bones begin to harden	
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Umbilical cord forms	Fingerprints form	Bones begin to harden									
61.	<p>How long does pregnancy last?</p>										
62.	<p>A woman experiences physical changes during each trimester. Match the changes described on the left to the correct trimester.</p> <table data-bbox="358 869 1268 1398"><tr><td data-bbox="358 869 686 957">Difficulty sleeping</td><td data-bbox="997 932 1268 1020">Trimester 1</td></tr><tr><td data-bbox="358 978 686 1066">Morning sickness</td><td data-bbox="997 1094 1268 1182">Trimester 2</td></tr><tr><td data-bbox="358 1087 686 1176">Mother can feel the foetus moving</td><td data-bbox="997 1251 1268 1339">Trimester 3</td></tr><tr><td data-bbox="358 1197 686 1285">Fatigue</td><td></td></tr><tr><td data-bbox="358 1306 686 1394">The mother starts to feel well</td><td></td></tr></table>	Difficulty sleeping	Trimester 1	Morning sickness	Trimester 2	Mother can feel the foetus moving	Trimester 3	Fatigue		The mother starts to feel well	
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63.

Look at the following foods. Some of them are recommended for women to eat during pregnancy, and others are not recommended or should be limited. Circle the foods that are not recommended or that should be limited for women during pregnancy.

orange	blue cheese	coffee	orange juice	sprouting vegetables
yoghurt	potato	raw meat	banana	rice
salmon	carrot	tuna	low-fat milk	raw eggs

64.

In the table below, circle the foods that contain high amounts of folic acid.

avocados	beans	oranges
leafy green vegetables	chicken	beef
sugary sweets	seeds and nuts	salmon

65.

Look at the following foods and nutrients. Match the nutrient with the food it is found in.

calcium
iron
vitamin C
folic acid

oranges
milk
spinach
red meat

66.

3. Reem has a BMI of 22 before pregnancy. How much weight is she expected to gain during pregnancy?

67.

Give one reason why each of the following nutrients is important during pregnancy.

Nutrient	Importance
iron	
calcium	
folic acid	

68.

Decide if each of the following statements are true or false. Write your answer in the space provided.

A pregnant woman should seek medical attention if there is a lack of movement from the foetus.

A pregnant woman should seek medical attention if she feels tired.

A pregnant woman should seek medical attention if her water breaks and she feels regular contractions.

A pregnant woman should seek medical attention if she has morning sickness in the early stages of pregnancy.

69.

List three exercises that are recommended during pregnancy.

70.

Look at the following conditions. Circle the conditions that a pregnant woman would need to get emergency medical attention for.

back pain	no movement from the foetus	tiredness	excessive fatigue
constipation	loss of fluids	oedema	heartburn

71.	<p>Match the description with the correct stage of labour.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;">lasts for approximately two hours</td> <td rowspan="6" style="width: 50%; text-align: center; vertical-align: middle;"> <div style="border: 1px solid gray; padding: 10px; margin: 0 auto; width: 80%;"> <p>Stage 1</p> <hr/> <p>Stage 2</p> <hr/> <p>Stage 3</p> </div> </td> </tr> <tr> <td style="padding: 5px;">contractions around five minutes apart</td> </tr> <tr> <td style="padding: 5px;">placenta is delivered</td> </tr> <tr> <td style="padding: 5px;">contractions start</td> </tr> <tr> <td style="padding: 5px;">umbilical cord is clamped</td> </tr> <tr> <td style="padding: 5px;">urge to push</td> </tr> </table>	lasts for approximately two hours	<div style="border: 1px solid gray; padding: 10px; margin: 0 auto; width: 80%;"> <p>Stage 1</p> <hr/> <p>Stage 2</p> <hr/> <p>Stage 3</p> </div>	contractions around five minutes apart	placenta is delivered	contractions start	umbilical cord is clamped	urge to push
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contractions around five minutes apart								
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urge to push								
72.	Explain the difference between baby blues and postnatal depression.							
73.	Why is breastfeeding important? Give two answers.							

74.

one	two	Health	nutrients
sticky	exclusively	colostrum	six

Breastmilk is the milk that is produced by the mother and fed to her baby. Breastmilk contains all of the and antibodies that the baby needs to grow, develop and to fight infection.

The World Organization recommends that babies should be breastfed for the first months.

Breastfeeding should continue until the child is years of age.

Babies should be breastfed within hour of birth.

The first form of milk that is produced is called

It is a yellowish substance and it contains the best nutrients for the baby.