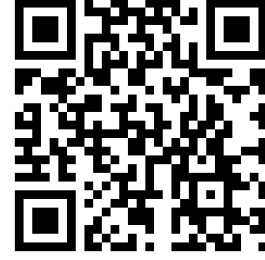


تم تحميل هذا الملف من موقع المناهج الإماراتية



الملف مراجعة نهائية امتحانية المسار العام

موقع المناهج ⇨ المناهج الإماراتية ⇨ الصف الثاني عشر ⇨ علوم صحية ⇨ الفصل الثالث

روابط مواقع 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 الثالث

[أوراق عمل امتحانية مع الإجابات](#)

1

[حل أسئلة الامتحان النهائي](#)

2

[ملخص مراجعة امتحان نهائي الوحدة العاشرة](#)

3

[ملخص مراجعة امتحان نهائي الوحدة التاسعة](#)

4

[مراجعة نهائية للفصل الثالث متبوعة بالحل](#)

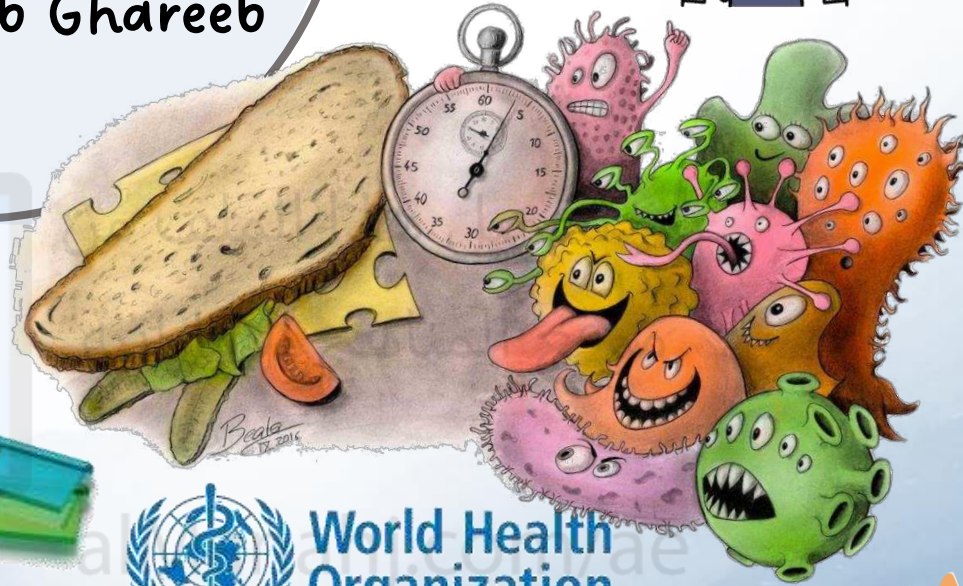
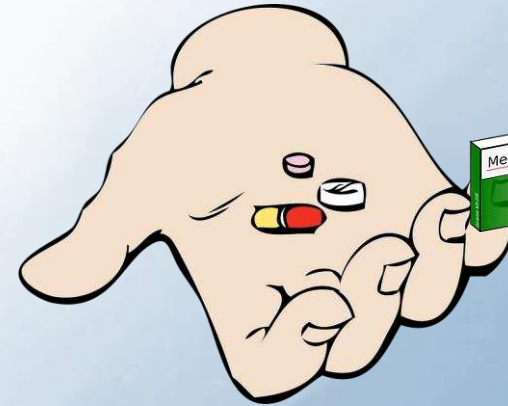
5

HS Final Exam Review
Term3 (2023-2022)
Grade12 General

Maitha Taleb Ghareeb



Rx



Pharmacists صيدلاني
(types of pharmacy)

Community مجتمع
(pharmacy in public places where you can buy medicine)

Home care رعاية منزلية
(send medication to old/ sick people at home)

Research أبحاث
(develop new drugs)

Clinical عيادي
(work at hospital with doctors & nurses)

Hospital مستشفى

1) Which medical professionals are involved in pharmacy?

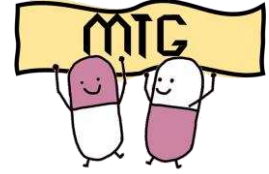
Pharmacist: healthcare professional who is involved in pharmacy

2) What is the role of a clinical pharmacist?

13) What is the role of a community pharmacist?

14) What is the role of a research pharmacist?

بداية عمر الإنسان
Pediatric (children/ infants) أطفال
عندما يجري العمر
Geriatric (old people) كبار السن
سايكو
Psychiatry (mental disorders) أمراض نفسية
Oncology (cancer) السرطان



U9: Pharmacy

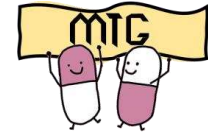
L3: Routes of administration

Sub- = under = تحت
 مثال: sub-title اللذي هو العنوان اللذي يكون تحت العنوان الرئيس
 اشتقينا كلمة lingual من كلمة language وطبعاً م نقدر نتكلم أي لغة من غير اللسان فكلمة lingual لها علاقة باللسان.
 تحت اللسان = Sub-lingual

Provide/give
Routes of administration:
 طرق إعطاء الدواء

3) What medicines are administered via the oral route of administration?

4) What route of drug administration involves the use of infusions?



PO فموي Oral (through the mouth)

Oral-B

Time until effect:
 20 mins – 1 hour

Forms of medication:

- Capsules
- Liquid
- Pastilles
- Powder

الأدوية الفموية بطيئة التأثير لأنها لازم تمر في الجهاز الهضمي

SL تحت اللسان Sublingual (under the tongue) & buccal (between gum & check)

Time until effect:
 3-5 mins

Forms of medication:

- Small tablets
- Films
- Wafers
- Sprays

TOP موضعي Topical (applied directly on affected area)

Easy reached areas: skin/ eyes/ ears/ nose

On TOP of affected area!

Time to take effect:
 Variable (minutes to hours)

Forms of medication:

- Creams
- Lotions
- Gels
- Ointments
- Sprays
- Liquids

Parenteral بالحقن (injection/ infusion)

- Intra-dermal:** في الجلد Into skin layers e.g., allergy test
- Intra-venous: iv** في الوريد Into vein e.g., saline infusion (takes from 30-60 seconds)
- Sub-cutaneous: SC** تحت الجلد Into fat under skin e.g., insulin infusion (take from 15-30 mins)
- Intra-muscular: IM** في العضل Into muscle e.g., vaccine (take from 10-20 mins)

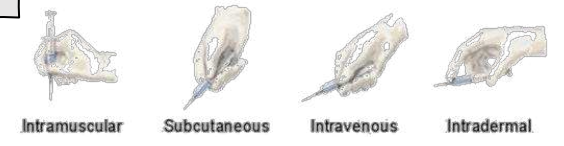
الأسرع!

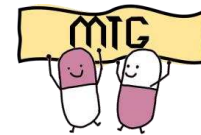
| Forms of medication | | | |
|--|---|---|------------------------|
| Oral | Sublingual & buccal | Topical | Parenteral |
| Capsules Liquids Pastilles Powder | Small tablet Films Wafers Sprays | Creams Lotions Gels Ointments Sprays Liquids | Injections Infusion |

| Rout of administration | Time until effect |
|------------------------|-----------------------------|
| Oral | 20 minutes- 1 hour |
| Sublingual & buccal | 3-5 minutes |
| Topical | Variable (minutes to hours) |
| Subcutaneous | 15-30 minutes |
| Intravenous | 30-60 seconds |
| Intramuscular | 10-20 minutes |

تذكر:
 inter ≠ intra
 Inter = between مثل "الشبكة البينية"
 intra = inside = داخل

P29





17) Which type of conditions that can be treated with antibiotics

18) How soon do antibiotics begin to work against bacteria

Antibiotic:
المضاد الحيوي

What are antibiotics?



Remember:
antibiotics **cannot** fight viral infection such as common cold or COVID-19

Medicines that destroy or slow the growth of **bacteria**

Using antibiotic:

Routes of administration:

Complete the course of medication even after you feel well!
Why?

Most antibiotics begin fighting bacteria within **a few hours**

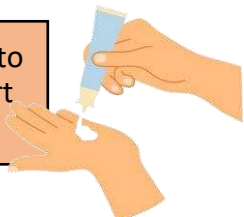
Usually, **oral**



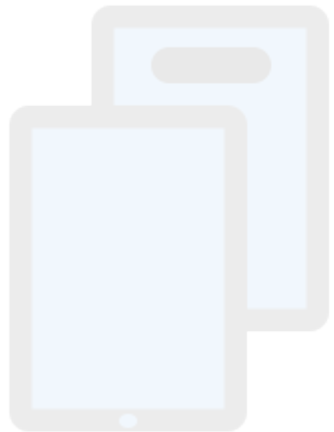
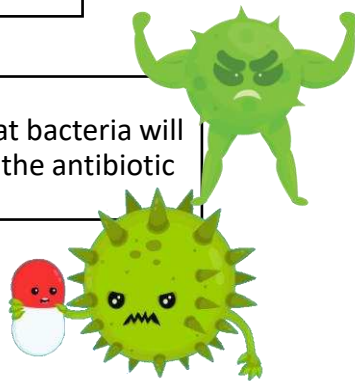
Injection (parenteral)



Directly applied to the infected part (topical)



To reduce the risk that bacteria will become **resistant** to the antibiotic



موقع المناهج الإماراتية
alManahj.com/ae



Abbreviations:
اختصارات

11) In pharmacy, what is the Latin abbreviation that means 'before meals'?

12) In pharmacy, what is the meaning of the Latin abbreviation 'hs'?

Roman numbers:
أرقام رومانية



| | | |
|---|----|-----|
| i | ii | iii |
| I | II | III |
| 1 | 2 | 3 |







P37

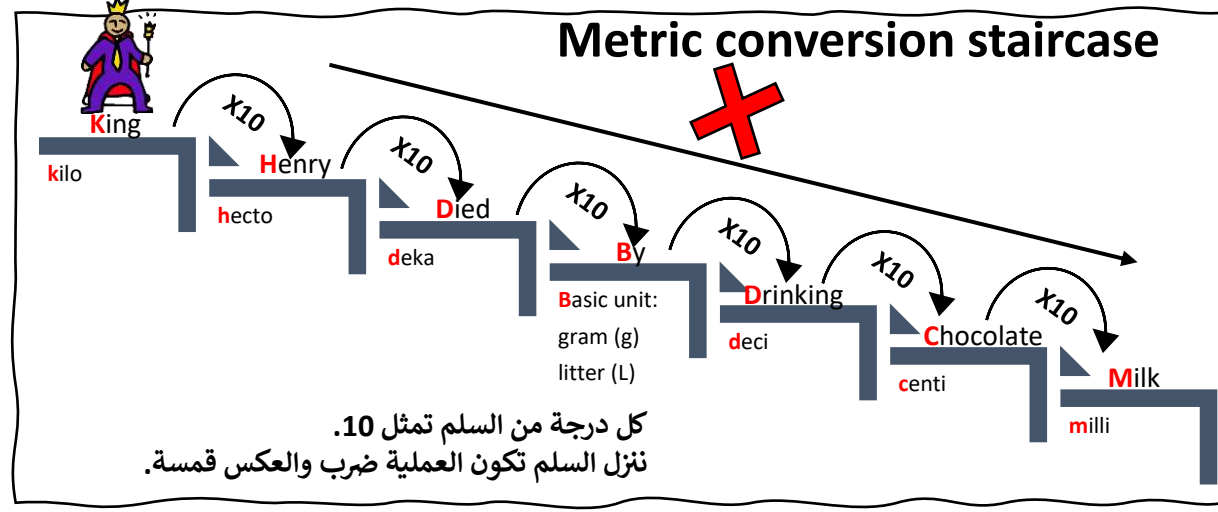
Latin:
مصطلحات واختصارات لاتينية

| Prescription: الوصفة | | |
|----------------------|----------------------|-------------------|
| Abbreviation | Latin | Meaning |
| Rx | praescriptus | prescription وصفة |
| ac | ante cibum | before meal |
| pc | post cibum | after meal |
| hs | hora somni | at bedtime |
| stat | statim | give now |
| bid | bis in die | twice a day |
| tid | ter in die | three times a day |
| qid | quarter die sumendus | four times a day |
| prn | pro re nata | as needed |
| ad | ad libitum | as desired/wanted |

hour تشبه hora
Somni تشبه الكلمة العربية
"سنة" بمعنى "نوم"
← ساعة النوم

start now! ←

| | | |
|---|--|---|
| <p>Rx:</p> <p>أيام أول كانوا يستخدموا كلمة "recipe" وبعدين تغيرت لـ prescription بس الاختصار م تغير</p> | <p>كلمة "cibum" تشبه كلمة "سينابون"</p>  <p>فكرة الطالبة: غزلان خلفان</p> <p>cibum = meal = وجبة</p> | <p>كلمة "insomnia" بمعنى الأرق وعدم القدرة على النوم.</p> <p>لو حذفنا in- أصبحت "somni" بمعنى نوم!</p>  |
| <p>Prefix bi- :</p> <p>bicycle</p>  <p>bi- = 2</p> | <p>Prefix tri- :</p> <p>المثلث عنده ثلاث زوايا</p>  <p>triangle</p> | <p>Prefix quad- :</p> <p>quarter الربع له علاقة بالرقم 4</p>  <p>quad- = 4</p>  |



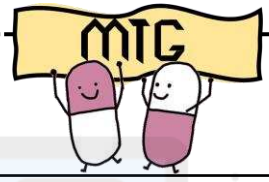
Convert the following units:

15g to mg
 $15 \times 1000 = 15000 \text{ mg}$
 نزول الدرج يعني ضرب. نزلنا 3 درجات يعني نضرب في 1000

7000g to kg
 $7000 \div 1000 = 7\text{kg}$
 صعود الدرج يعني قسمة. صعدنا 3 درجات يعني نقسم على 1000

Convert 180 seconds to minutes.
 $1\text{min} \times ? = 60\text{s}$
 $180\text{s} \div 60 = 3\text{mins}$
 حركة المقص بتساعدكم في تحويل الوقت وحساب الجرعات

P42



Calculating drug dosages:
 حساب جرعات الأدوية

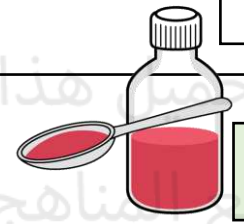
Tablets
 الحبوب

Example: The doctor prescribed 500mg of a drug that is available in a stock strength of 100mg. Calculate how many tablets are needed using the basic formula.

1tablet = 100mg

1tablet × ? = 500mg

$(1 \times 500) \div 100 = 5\text{tablet}$



Mixtures & solutions
 المحاليل والمخاليط

Example: The doctor prescribed a 500mg dose of solution. It is available in a strength of 250mg/5ml. How much solution is needed?

5ml × ? = 500mg

$(5 \times 500) \div 250 = 10\text{ml}$



IV rate (ml/hr)
 المعدل/ السرعة اللي ينزل بها المحلول الوريدي

Example: The doctor prescribed 120ml of IV liquid medicine over a period of 3 hours. How much liquid is administered per hour?

$120\text{ml} \div 3\text{hrs.} = 40 \text{ ml/hr.}$

Foodborne illness/
foodborne disease
(food poisoning)

P59, 61

Most foodborne illnesses happen from 6-72 hours after eating contaminated food.

19) Bacteria in the _____ zone will become active again when brought to room temperature.

Temperature & bacterial growth:

What is contaminated food: الطعام الملوث
When food becomes dangerous because a harmful or unwanted substance, such as bacteria gets into it.

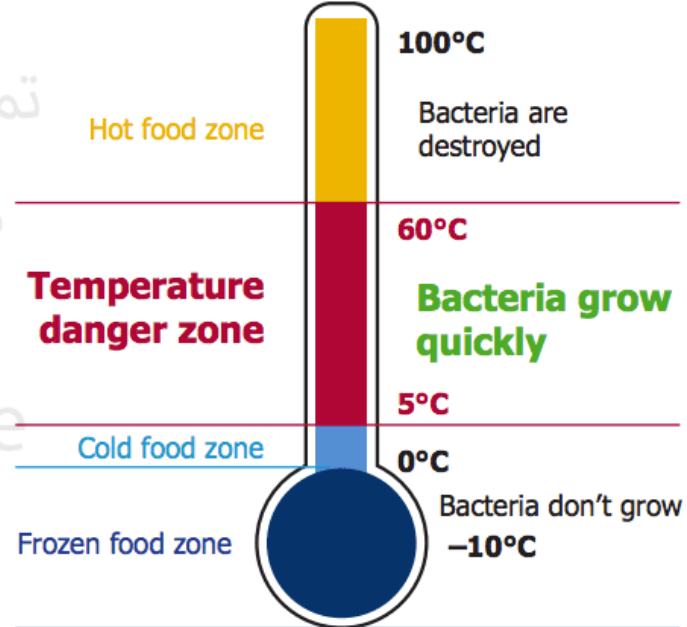
Danger zone:
#Bacteria need warmth to multiply
#Bacteria multiply in temperatures between 5°C & 60°C
#The ideal temperature is 37°C

When storing food:
Cold & frozen zone:
#Fridge reduce the growth of bacteria
#Freezing food further slow/ stop bacterial growth

Careful!
Bacteria in refrigerated or frozen foods will become active again when brought to room temperature.

Cooking food:
Hot zone:
Food must be properly cooked to kill any harmful bacteria

- The temperature danger zone is between 5°C and 60°C, when it is easiest for harmful bacteria to grow in food
- Minimise the time that food spends at these temperatures in order to keep food safe
- Refrigerated food needs to be kept at 5°C or below
- Hot food needs to be kept at 60°C or above



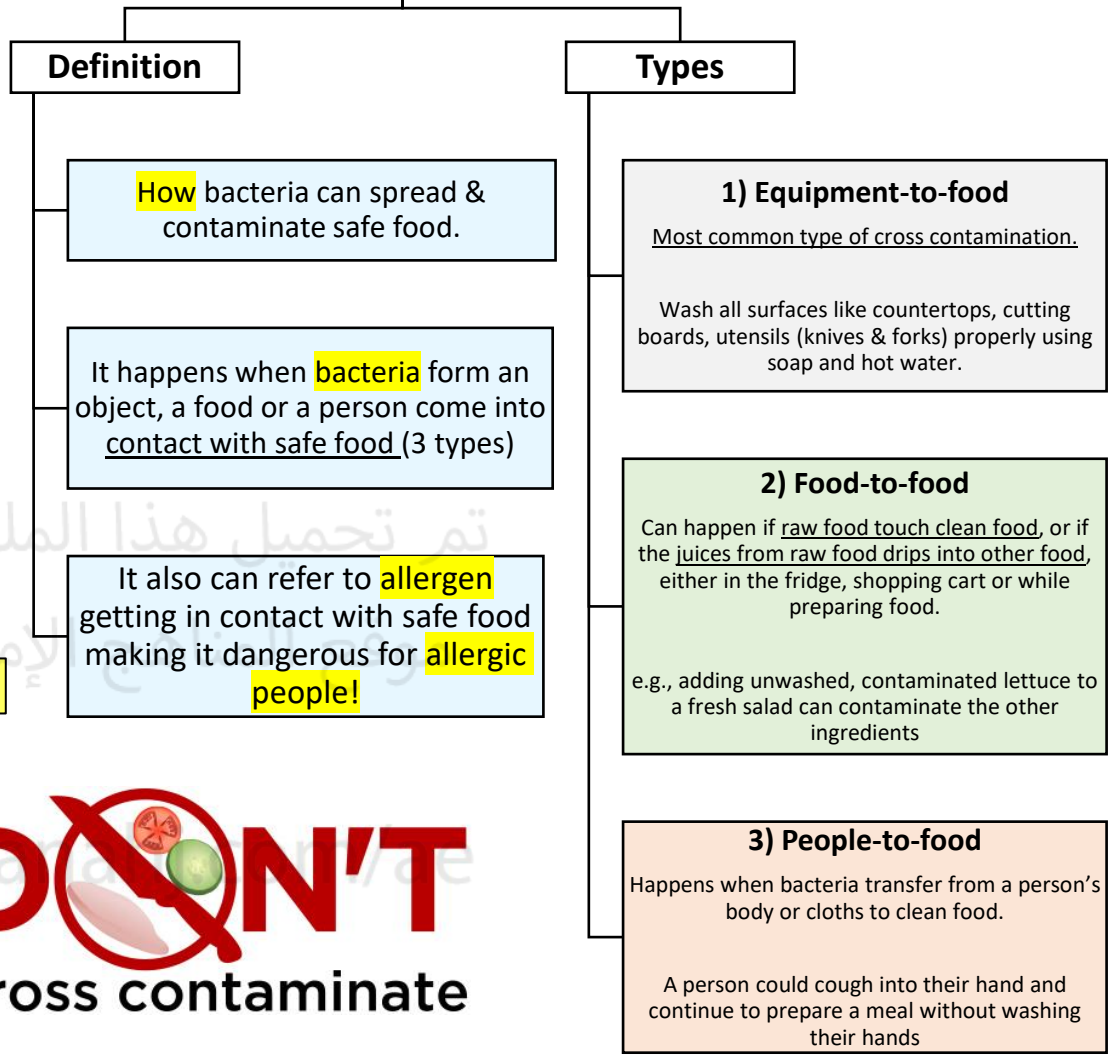
P68



Bacteria are hitchhikers.



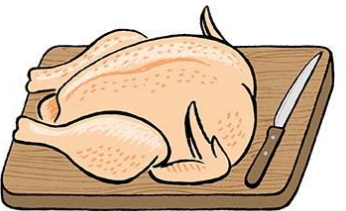
Cross-contamination انتقال التلوث



Contaminated food: when a harmful or unwanted substance such as bacteria gets into food.
X Eating contaminated food cause foodborne illnesses

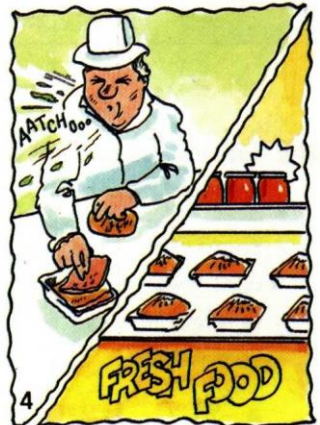
5) How can food become contaminated?

6) Why is contaminated food dangerous?



DON'T

cross contaminate



Prevent cross contamination

Use the correct colour coded chopping boards and knives

Raw meats and poultry only

لون الدم

Raw fish and shellfish only

لون البحر

Raw unwashed vegetables, salads and fruits only

لون التراب

Ready to eat and cooked foods only

Washed vegetables, salads and fruits only

لون الخضار

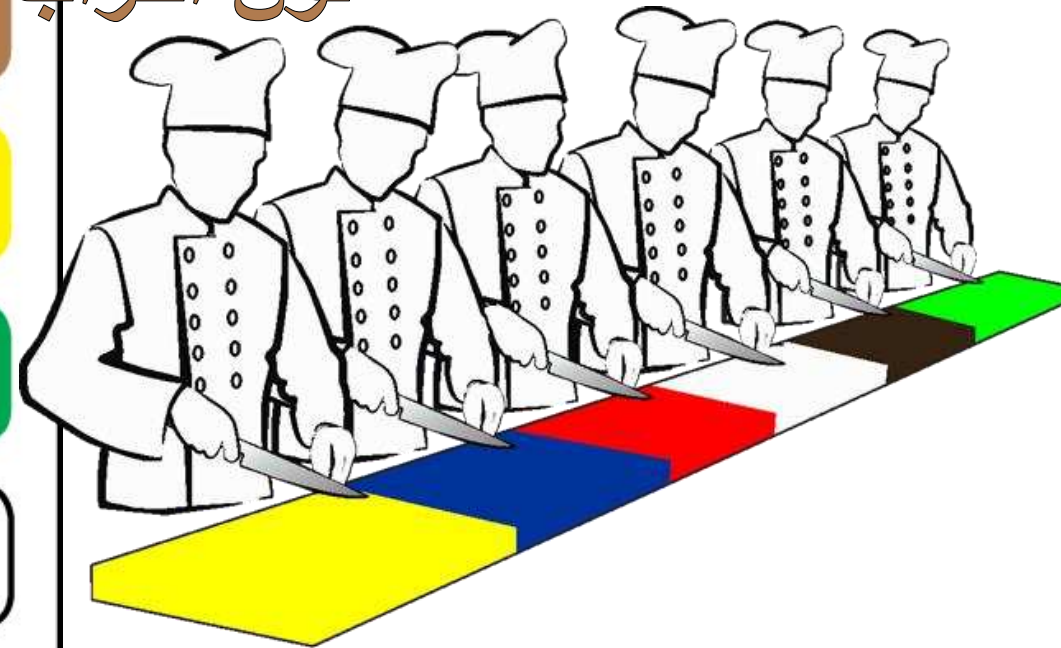
Bakery and dairy products only

لون الحليب والطحين



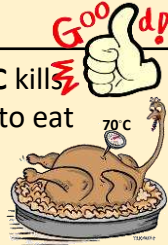

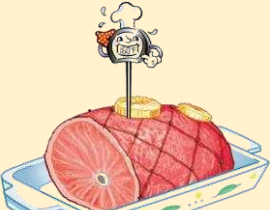


20) Colour coded chopping boards can reduce the risk of cross-contamination. What type of food is the brown-coloured chopping board used for?

21) Colour coded chopping boards can reduce the risk of cross-contamination. What type of food is the yellow-coloured chopping board used for?

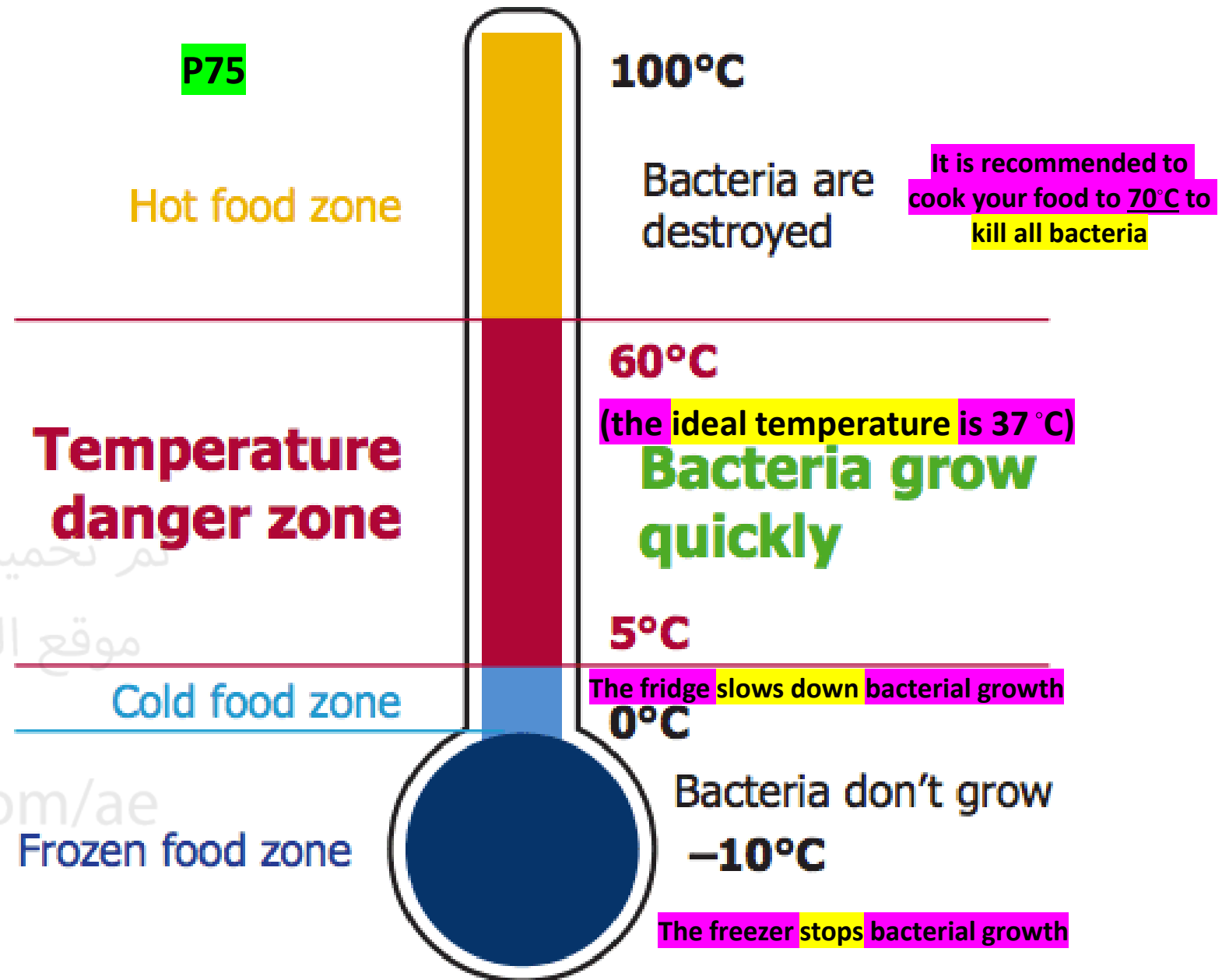
P69




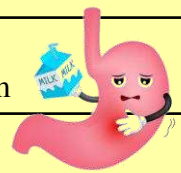











5 keys to safer food

| 1) Keep clean | 2) Separate | 3) Cook thoroughly | 4) Keep food at safe temperature | 5) Use safe water & raw material |
|---|---|---|--|---|
| <p>22) How should frozen food be thawed?</p> <p>23) How should cooked food be cooled</p> <p>24) What is the correct temperature to cook food to?</p> <p>25) How can you check if food is cooked thoroughly?</p> | <p>A) Use separate chopping boards & knives to handle different foods (you can follow color code strategy to avoid cross-contamination)</p> <p>B) In the fridge, store <u>raw meat</u> <u>seafood</u> and <u>poultry</u> on shelves or sections <u>below</u> <u>cooked foods</u> to avoid cross-contamination</p>  <p>C) Store food in sealed containers to stop raw and cooked foods from touching</p>  | <p>A) Cooking food to 70°C kills bacteria so food is safe to eat</p>  <p>B) Use a thermometer to check that the food has reached 70°C</p>  <p>C) Make sure thermometer is cleaned and sanitised after each use</p> <p>D) If you don't have a thermometer, you can:</p> <ul style="list-style-type: none"> ✓ Cook meat and poultry until the juices are clear and the inside is not pink ✓ Cook eggs and seafood until piping hot ✓ Allow soups & stews to remain boiling for at least 1min  | <p>A) Cool food (below 5°C) and store all leftover/ cooked food quickly. Slice larger pieces of meat into smaller pieces and place food in a clean, cool container</p> <p>B) Leftover food should not be stored in the fridge for more than 3 days and should not be reheated more than once</p> <p>C) For hot food let it cool until there is no more steam, but do not leave it for more than 2hrs.</p> <p>D) Thaw frozen food in the fridge (the best way to thaw frozen food)</p>  | <p>P73-75</p> <p>https://youtu.be/ONkKy68HEIM</p>  |

- The temperature danger zone is between 5°C and 60°C, when it is easiest for harmful bacteria to grow in food
- Minimise the time that food spends at these temperatures in order to keep food safe
- Refrigerated food needs to be kept at 5°C or below
- Hot food needs to be kept at 60°C or above



| | | |
|-----------------------------------|--|--|
| 36) Describe lactose intolerance? | 40) Which foods contain lactose? | 43) What are the symptoms of a food intolerance? |
| 37) Describe gluten intolerance? | 41) Which foods contain gluten? | 44) How are food allergies different to food intolerances? |
| 38) What is a food allergy? | 42) What are the symptoms of a food allergy? | 45) Which condition can lead to anaphylaxis? |
| 39) What is a food intolerance? | | |

| | | |
|--|---|--|
| Disease | Food allergy حساسية الطعام | Food intolerance عدم تحمل الطعام |
| Definition | The body's immune system responds to certain food  | ✓ The body cannot digest the food properly ✓ When a certain food irritates the digestive system  |
| Which system of the body is involved? | Affects the <u>immune system</u> | Affects the <u>digestive system</u> |
| How serious is a reaction? | It can be fatal (life-threatening/ anaphylaxis) | It is <u>not life-threatening</u> |
| Does eating a small amount cause a reaction? | Yes, even traces (<u>small amounts</u>) can induce an allergic reaction | No, a reaction may only happen when <u>a lot of the food</u> is eaten |
| Does it happen every single time? | Yes, a reaction happens every time | No, a reaction may only happen if the food is eaten often |
| Does the signs & symptoms show immediately? | Yes, it usually comes on suddenly | No, it usually comes on gradually |
| List some common foods that can cause reactions | <p>Allergens include:</p> <ul style="list-style-type: none"> Peanut  Eggs  Gluten (protein in wheat/ barely/ rye) Dairy products Mustard Seafood  Sesame seeds  | <p>Lactose (milk sugar found in dairy products "e.g., yogurt & cheese")</p> <p>Gluten (bread, pasta, cookies etc.)</p> <p>Caffeine</p> <p>Histamine present in mushrooms and pickles</p> <p>Additives, e.g., artificial sweeteners, colouring or flavours</p>  <p>اللاكتوز "سكر الحليب" موجود في الحليب ومنتجاته. الجلوتين بروتين موجود في القمح وأي أكل مصنوع من الطحين مثل الخبز والمعجنات والمكرونة والحلويات.</p> |
| Sings & symptoms | <p>Rashes or hives</p> <p>Itchy mouth</p> <p>Swelling of face, tongue and lips</p> <p>Trouble breathing</p>   <p>الأعراض المشتركة!</p> | <p>Gas </p> <p>Stomach cramps/bloating</p> <p>Heartburn</p> <p>Headaches</p> <p>throw up </p> <p>تشبه أعراض القولون!</p>   |

P78-83



- 26) A low-sugar diet is an example of which type of therapeutic diet?
- 27) What is nutrient modification?
- 28) What is texture modification?
- 29) Which type of therapeutic diet is needed by a person with dysphagia?

Therapeutic diet: the use of diet or certain foods to treat & manage diseases.

Therapeutic diets:
الحميات العلاجية

Types of therapeutic diets:

Who benefits from therapeutic diets?

Importance?

Why are therapeutic diets needed?

Nutrient modification: تعديل المواد الغذائية
One or more nutrients are added or removed from the diet.

Texture modification: تعديل القوام
Modify consistency of food to make easy to eat

Tube feeding: التغذية عن طريق الأنابيب
عن طريق الأنابيب

Food allergy/intolerance modification

Additional feeding

Patients with the following conditions:
@ Cardiovascular disease
@ Obesity
@ Diabetes
@ Food allergies
@ Digestive diseases
@ Eating disorders (e.g., anorexia)

Importance:
* Reduce the amount of needed medications.
* Increase quality of life & life expectancy.
* Can cure some conditions.

Reasons:
^ increase/ decrease/ eliminate a type of food/ a nutrient
^ improve nutritional status
^ extra calories for weight gain
^ balance the diet
^ remove foods that affect medication
^ help with digestion
^ remove foods due to allergies
^ texture changes due to problems with chewing or swallowing (dysphagia)

- #Low sugar diet
- #Low sodium/ salt diet
- #Low-fat diet
- #Renal diet (low sodium, potassium & phosphorous) لمرضى الكلى
- #High fibre diet

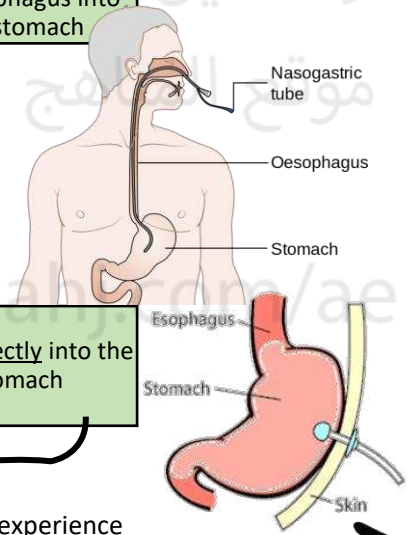
A) **Soft:** طري cooked & cut easily

B) **Minced & moist:** مفروم ورطب mashed easily
ADULT 4mm

C) **Puree:** عصيدة smooth + lump free (no lumps)

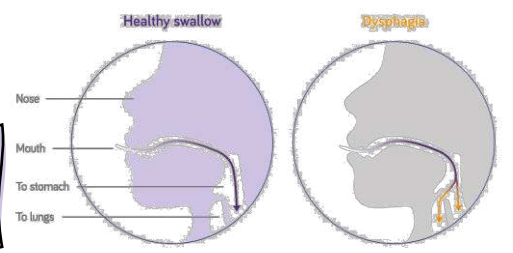
Tube through the nose or mouth down the esophagus into the stomach

Tube directly into the stomach



P88-93

<https://youtu.be/9VNwajrd2-k>



✓ The **brain** controls swallowing process.
✓ When the brain fails to register when food reaches the pharynx dysphagia happens



Both can be used with people who experience "difficulty swallowing" (dysphagia) عسر البلع

9) A BMI score of 28.7 is classed as _____.

10) What is the BMI of a person who is obese?

34) What is the dietary advice for someone who is overweight?

35) Which category of energy balance should an overweight person be in if they wish to lose weight?

Overweight & obesity

$$BMI = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$$

BMI (body mass index)

Overweight increases the risk of developing:

What controls weight? (energy balance)

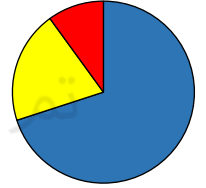
How to lose weight? Keep a **negative energy balance**:

| BMI category | Range |
|-----------------|--------------------|
| Underweight | <18 (less than 18) |
| Normal/ healthy | 18-24.9 |
| Overweight | 25-29.9 |
| Obese | ≥30 (30 or more) |

Diabetes
Heart diseases
Cancer

Energy input (macronutrients: foods + drinks)

Energy output (burning calories):



■ BMR ■ Physical activity ■ TEF

BMR (basal metabolic rate): معدل الأيض الأساسي/ الحرق الطبيعي
Basic functions to survive "at rest":
Breathing التنفس
Blood circulation الدورة الدموية
Sleeping

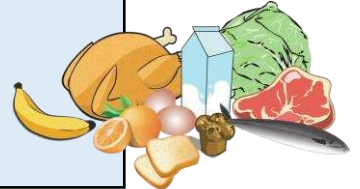
Physical activity: النشاط البدني
Anything that raises heart rate
Daily activities count e.g., walking upstairs

TEF (thermal effect of food): التأثير الحراري للأكل
Chewing المضغ
Digest الهضم
Store food تخزين الطعام

Diet

Physical activity

Eat more:
Protein (lean meat/ legumes/ fish/ eggs)
Fibres (help with digestion + make you full for long)
Calcium (milk & dairy products)
Fruit & vegetables
Cereals (whole grains)
Variety of foods
Drink plenty of water



More physical activity
Increase the intensity

Reduce:
X saturated fat
X sodium/ salt
X sugar
X processed food



P94-97

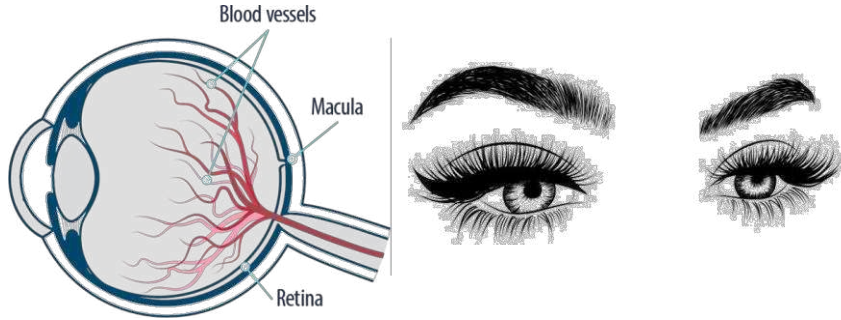
| Energy balance = Energy input – Energy output | | |
|--|----------------------------|-------------------------------|
| Energy balance | Energy <u>in</u> put | Energy <u>out</u> put |
| Processes? Include: | Food | BMR + physical activity + TEF |
| Effect on weight? | Positive + (add to weight) | Negative – |
| What will happen to the weight on the long-term? | Gain weight اكتساب وزن | Lose weight نقص وزن |

U10: Clinical nutrition

Diabetes: problem in **type2** responding or **type1** producing hormone insulin.
Hyperglycemia: high glucose level in the blood ارتفاع السكر في الدم
<https://www.youtube.com/watch?v=l-CzjjXPbKc>

- 7) What is insulin?
- 8) What is diabetes?
- 30) What is type 1 diabetes?
- 32) What are the causes of diabetes?
- 31) What is type 2 diabetes?
- 33) Which lifestyle behaviours can put someone at risk of developing diabetes?

| | | | |
|--|--|--|---|
| Diabetes type: | Type1 (10%) بنعطيهِ الرقم "1" لأنه البنكرياس يموت ولا يمكن الشفاء منه | Type2 (90% of cases) يمكن الشفاء منه بتعديل أسلوب الحياة في أغلب الحالات | Gestational diabetes (1 in 5 women experience it!) |
| Definition: | <ul style="list-style-type: none"> - Autoimmune disease (the immune system destroys β cells in the pancreas) - No enough insulin | The body cannot use insulin properly (insulin resistance) | Pancreas cannot meet the extra demand during pregnancy. It goes away after giving birth |
| Age of onset (when it starts?) | At a young age | Adulthood | During pregnancy سكري الحمل |
| Risk factors/ causes | <ul style="list-style-type: none"> - Mainly family history (genetics) - Viruses - Pancreas diseases/ problems <p style="text-align: center;">family history</p> | <ul style="list-style-type: none"> - Mainly sedentary lifestyle: <ul style="list-style-type: none"> a) Overweight/ obesity b) Unhealthy diet c) No enough physical activity - Family history (genetics) | <ul style="list-style-type: none"> - Mainly family history (genetics) - Overweight/ obesity - No enough physical activity - <u>Previous gestational diabetes</u> |
| Symptoms: (frequent urination/ excessive: thirst & hunger & fatigue/ blurry vision) | Show quickly | <ul style="list-style-type: none"> - May not show any symptoms - Complications تعقيدات: <ul style="list-style-type: none"> - Retinopathy أمراض الشبكية - Foot ulcers تقرحات الرجل | Can be mixed up with pregnancy symptoms Usually screened between weeks 24-28 |
| <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Weight Loss </div> <div style="text-align: center;"> Blur Vision </div> <div style="text-align: center;"> Frequent Urination </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> Slow Healing </div> <div style="text-align: center;"> Increased Thirst </div> <div style="text-align: center;"> Excessive Fatigue </div> </div> | | <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> Healthy Eye </div> <div style="text-align: center;"> Diabetic Retin <small>Cotton Wool Spots Hemorrhages Aneurysms Abnormal Growth of Blood Vessels</small> </div> </div> | <div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>هو حالة مؤقتة وبالعادة يروح بعد الولادة ولكن إذا لم تتم السيطرة عليه ممكن يتطور للنوع الثاني</p> </div> |
| Prevention (can be cured/ reversed?) | Cannot be prevented | More than 50% can be prevented! How? (healthy life-style) Healthy weight Eat balanced diet Exercise regularly Quit smoking | Cannot be prevented |



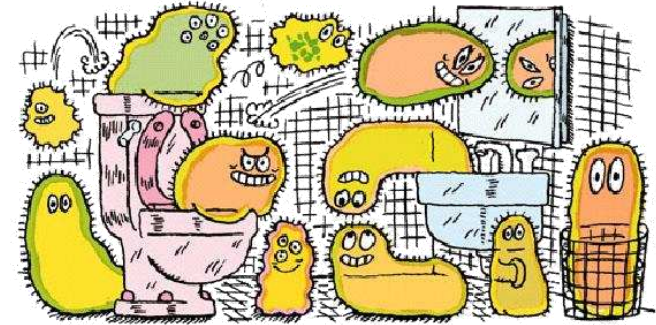
Retina sounds like «من الرؤية» **ريتينا**

Retina is the part of the eye that helps us to see

Retinopathy:

<https://www.youtube.com/watch?v=JxMOsMDM1UM>

A bathroom is full of germs that cause diseases



-pathy = Disease = مرض



“Gestation” sounds like “Gas station”

Gestation = Pregnancy = حمل

فكرة الطالبة: مريم هلال




Phagia sounds like **فجعة**

الشخص المفجوع **يبلع** الأخضر واليابس

Phagia = Swallow = بلع

| Question: | Answer: |
|--|---|
| 1) Which medical professionals are involved in pharmacy? | Pharmacist |
| 2) What is the role of a clinical pharmacist? | pharmacist who works in a hospital with doctors and nurses. They decide and advice which treatment each patient needs. |
| 3) What medicines are administered via the oral route of administration? | Capsules, Liquids, Pastilles, Powder |
| 4) What route of drug administration involves the use of infusions? | Parenteral |
| 5) How can food become contaminated? | when a <u>harmful</u> or <u>unwanted substance</u> such as <u>bacteria</u> gets into food |
| 6) Why is contaminated food dangerous? | It may cause foodborne illnesses |
| 7) What is insulin? | A hormone produced by the pancreas |
| 8) What is diabetes? | When the body is unable to produce or respond to hormone insulin |
| 9) A BMI score of 28.7 is classed as _____. | Overweight |
| 10) What is the BMI of a person who is obese? | 30 or more |
| 11) In pharmacy, what is the Latin abbreviation that means 'before meals'? | pc (post cibum) |
| 12) In pharmacy, what is the meaning of the Latin abbreviation 'hs'? | hora somni = at bedtime |
| 13) What is the role of a community pharmacist? | A pharmacist who works in a pharmacy where you would go to buy medicines |
| 14) What is the role of a research pharmacist? | Develop new drugs |
| 15) A doctor prescribed 300mg of a medicine per day. The medicine is available in 50mg tablets. Using the formula provided, calculate how many tablets the patient should take per day. <i>Prescribed dose ÷ stock strength = number of tablets needed</i> | $300 \div 50 = 6$ tablets |
| 16) A doctor prescribed 240mg of a medicine per day. The medicine is available in 80mg capsules. Using the formula provided, calculate how many capsules the patient should take per day. <i>Prescribed dose ÷ stock strength = number of capsules needed</i> | $240 \div 80 = 3$ capsules |
| 17) Which type of conditions that can be treated with antibiotics | Bacterial infection (tuberculosis/ tonsillitis/ cholera) |
| 18) How soon do antibiotics begin to work against bacteria | A few hours. Why? the most common route of administration for antibiotic is <u>oral</u> , so it needs <u>a few hours</u> to take effect (~2hours) |

| Question: | Answer: |
|--|---|
| 19) Bacteria in the _____ zone will become active again when brought to room temperature. | cold or frozen (read page 61) في هالجملة بيبا يوضح إنه في الثلاجة أو الفريزر يقل أو يتوقف نمو البكتيريا لكن ينشط مرة ثانية لو طلعتنا الأكل برع في درجة حرارة الغرفة! انتبهوا |
|  <p>Clean and store chopping boards correctly after use</p> <p>20) Colour coded chopping boards can reduce the risk of cross-contamination. What type of food is the brown-coloured chopping board used for?</p> | Raw unwashed vegetables, salads and fruits only (لون التراب) الخضار والفواكة غير المغسولة (تذكر: لون التراب) |
| 21) Colour coded chopping boards can reduce the risk of cross-contamination. What type of food is the yellow-coloured chopping board used for? | Ready to eat and cooked foods only |
| 22) How should frozen food be thawed? | In the fridge أفضل طريقة لتذويب الأكل المتجمد هي الثلاجة |
| 23) How should cooked food be cooled | Cool hot food until the steam no longer rises from it. You should not leave hot food to cool for more than two hours. |
| 24) What is the correct temperature to cook food to? | 70°C |
| 25) How can you check if food is cooked thoroughly? | <ul style="list-style-type: none"> ✓ Use thermometer ✓ Cook meat and poultry until the juices are clear and the inside is not pink ✓ Cook eggs and seafood until piping hot ✓ Allow soups & stews to remain boiling for at least 1min |
| 26) A low-sugar diet is an example of which type of therapeutic diet? | Nutrient modification |
| 27) What is nutrient modification? | Where one or more nutrients are added or removed from the diet. |
| 28) What is texture modification? | When the texture and consistency of food can be modified to make eating easier soft, minced and moist and puree diet. |
| 29) Which type of therapeutic diet is needed by a person with dysphagia? | <ul style="list-style-type: none"> ✓ Texture modification: soft, minced & moist, puree ✓ Tube feeding |
| 30) What is type 1 diabetes? | Type 1 diabetes is when the body cannot produce enough insulin. This happens because the body's immune system destroys the cells in the pancreas that produce insulin |
| 31) What is type 2 diabetes? | The body cannot properly use the insulin that it produces. This is called insulin resistance. |

| Question: | Answer: |
|--|--|
| 32) What are the causes of diabetes? | Type 1 – family history, exposure to certain viruses, disease problems with the pancreas Type 2 – being overweight or obese, unhealthy diet not doing enough physical activity. |
| 33) Which lifestyle behaviours can put someone at risk of developing diabetes? | <ul style="list-style-type: none"> • being overweight or obese • unhealthy diet • not doing enough physical activity |
| 34) What is the dietary advice for someone who is overweight? | <ul style="list-style-type: none"> • Eat a variety of foods each day • Choose food high in protein, lean meat, fish, eggs and legumes. • Make sure that the diet has enough cereals and their products. • Make sure that the diet contains enough calcium. • Reduce intake of foods that are high in saturated fat, sugar and salt. • Reduce processed foods. • Eat foods high in fibre “help in digestion + make you full for longer” • Consume enough water every day. |
| 35) Which category of energy balance should an overweight person be in if they wish to lose weight? | Negative energy balance |
| 36) Describe lactose intolerance? | A digestive problem that happens after consuming milk & dairy products such as yogurt & cheese |
| 37) Describe gluten intolerance? | A digestive problem that happens after consuming wheat, barely & rye & their products such as pasta/ bread/ cereals/ pastries/ cookies/ doughnuts |
| 38) What is a food allergy? | When the body's immune system responds unusually to certain foods |
| 39) What is a food intolerance? | <ul style="list-style-type: none"> ✓ The body cannot digest the food properly ✓ When a certain food irritates the digestive system |
| 40) Which foods contain lactose? | Milk & dairy products such as yogurt & soft cheese |
| 41) Which foods contain gluten? | Gluten is a protein found in <u>wheat, barely and rye.</u> It is used in foods like <u>bread, pasta, cereals, pastries, cookies & doughnuts</u> |
| 42) What are the symptoms of a food allergy? | Rashes or hives/ Itchy mouth/ Swelling of face, tongue and lips/ Trouble breathing/ Abdominal pain/ Nausea/ Vomiting/ Diarrhea |
| 43) What are the symptoms of a food intolerance? | Gas/Stomach cramps/bloating/ Heartburn/Headaches/ Abdominal pain/ Nausea/ Vomiting/ Diarrhea |
| 44) How are food allergies different to food intolerances? | Food allergy comes on suddenly , only a small amount of food needed to trigger a reaction, happens every time the food is eaten and is life-threatening . Food intolerance comes on gradually , may only happen if a lot of food is eaten, reaction if food is eaten often and is not life-threatening . |
| 45) Which condition can lead to anaphylaxis? | Allergy |