

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



## نموذج أسئلة وإجابات وفق الهيكل الوزاري

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## 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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Question	Answer
<p>1</p> <p>a) What is personal hygiene?</p> <p>b) How do communicable diseases spread?</p>	<p>a) Keeping yourself and your surroundings clean. You should do this by:</p> <ul style="list-style-type: none"> <li>- practising good personal hygiene (showering, washing hands, brushing teeth)</li> <li>- cleaning and disinfecting shared areas.</li> <li>- keeping a safe distance from people who are unwell.</li> </ul> <p>b) Communicable diseases are caused by bacteria, viruses and parasites which can be spread from one person to another.</p>
<p>2</p> <p>a) What is moderate-intensity physical activity?</p> <p>b) What is high-intensity physical activity?</p>	<p>a) Moderate-intensity activity is when you are working at 70-80% of your maximum heart rate (MHR). You should still be able to talk comfortably during moderate-intensity exercise and you should be sweating lightly.</p> <p>Examples of moderate-intensity activity include:</p> <ul style="list-style-type: none"> <li>~Moderate walking (around 5km per hour)</li> <li>~Cycling (less than 16km per hour)</li> <li>~Swimming slowly</li> <li>~Gardening/heavy housework</li> <li>~Golf</li> </ul> <p>b) A high-intensity activity is an exercise that creates a big increase in your heart and breathing rate. You should be working at 80-85% of MHR. You should be able to speak a few words, but not hold a conversation and you will be sweating a lot.</p> <p>Examples of high-intensity activity include:</p> <ul style="list-style-type: none"> <li>~Running</li> <li>~Playing sports such as football</li> <li>~Swimming fast laps</li> <li>~Cycling (over 16km per hour)</li> <li>~Hiking in the mountains</li> <li>~High-intensity aerobics</li> </ul>
<p>3</p> <p>a) What diseases can be prevented by having calcium in the diet?</p> <p>b) What foods reduce the risk of developing musculoskeletal diseases such as osteoporosis?</p>	<p>a) Calcium is a mineral that the body needs to build healthy bones. Without enough calcium, a person could develop a disease of the bones called osteoporosis where their bones become weak.</p> <p>b) Consuming enough calcium-rich foods such as milk, cheese and yoghurt help to prevent osteoporosis.</p>
<p>4</p> <p>a) What causes disease?</p> <p>b) What are the categories of disease?</p>	<p>a) Diseases caused by bacteria, viruses and parasites which enter a person's body and make them ill. Diseases can also be caused by a person's lifestyle choices, the environment they live in, or their family history.</p> <p>b) Communicable diseases can be spread from one person to another. Non-communicable diseases cannot pass from one person to another</p>
<p>5</p> <p>a) How do infections spread?</p> <p>b) What term can be used to describe a disease that spreads easily from one person to another?</p>	<p>a) An infection occurs when germs enter the body and multiply. Certain diseases are very infectious, this means that they can spread easily from one person to another.</p> <p>b) <b>Infection</b> = a disease caused by germs that enter the body and can be spread easily.</p>
<p>6</p> <p>a) What does a dietitian do?</p> <p>b) Which medical professional would you visit to have nutritional assessment completed?</p>	<p>a) Dietitian - will often measure the nutritional status of a patient. They interpret the results to understand the patients health status and advise them on how to improve their diet and overall nutritional status.</p> <p>b) Dietitian</p>

<p>7</p> <p>a) Define communicable disease.</p> <p>b) Give an example of a non-communicable disease.</p>	<p>a) Communicable diseases can be spread from one person to another</p> <p>b) Four of the most common non-communicable diseases are:                  ~cardiovascular disease                  ~cancer                  ~respiratory disease                  ~diabetes</p>
<p>8</p> <p>a) What are the stages of pregnancy called?</p> <p>b) How many trimesters are there in pregnancy?</p>	<p>a) Trimesters</p> <p>b) 3 Trimesters:                  Trimester 1 – 1 to 3 months                  Trimester 2 – 4 to 6 months                  Trimester 3 – 7 to 9 months</p>
<p>9</p> <p>a) How long does pregnancy last?</p> <p>b) What is another word for pregnancy?</p>	<p>a) 40 – 42 weeks</p> <p>b) Pregnancy, also known as <b>gestation</b>, is the time when a woman carries her developing embryo/foetus in her womb.</p>
<p>10</p> <p>a) What is the name given to the process of childbirth?</p> <p>b) How many stages of labour are there?</p>	<p>a) Labour = the process of childbirth</p> <p>b) There are <u>3 stages of labour</u></p>

Part 2

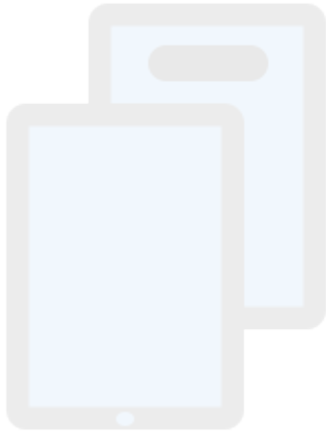
<p>1</p> <p>a) List modifiable risk factors for disease.</p> <p>b) List non-modifiable risk factors for disease.</p>	<p>a) Modifiable risk factors:                  - Sedentary lifestyle                  - Overweight                  - Unhealthy diet                  -High blood pressure                  -High cholesterol                  -Type 2 diabetes                  -Smoking                  - Stress</p> <p>b) Non-modifiable risk factors:                  -Family history(genetics)                  -Gender                  -Ethnicity                  -Age</p>
<p>2</p> <p>a) Identify positive health behaviours.</p> <p>b) What is the meaning of "positive health behaviours?"</p>	<p>a) Positive health behaviours include:                  ~Having a healthy diet and drinking enough water                  ~Getting enough sleep                  ~Having good personal hygiene                  ~Being physically active                  ~Getting regular medical check-ups</p> <p>b) Personal health behaviours are lifestyle habits that can affect a person's health. They can be positive behaviours, which could be good for your health or negative behaviours which could be bad for your health</p>

<p>3</p> <p>a) Explain how physical activity benefits each dimension of health.</p> <p>b) What are endorphins?</p>	<p>a) Doing regular physical activity is very good for your health and wellbeing. It can benefit your physical, mental, emotional, and social health.</p> <p><b>Mental and emotional health:</b> Exercise reduces stress and improves your mood.  <b>Physical health:</b> Physical activity can improve how the body works and reduce the risk of disease  <b>Social health:</b> Having a healthy social life is important. It has been shown to improve health by reducing stress, improving heart and lung functions, and helping the body's immune system</p> <p>b) a group of hormones which are released by the brain and nervous system to reduce pain and increase wellbeing</p>
<p>4</p> <p>a) What is a mammogram?</p> <p>b) What screening test is performed to test for diabetes?</p>	<p>a) A screening test for Breast Cancer</p> <p>b) Fasting blood glucose/lipids test</p>
<p>5</p> <p>a) How often should prostate screening happen?</p> <p>b) How often should women aged 25 be screened for cervical cancer?</p>	<p>a) Every 2-3 years</p> <p>b) Every 3 years</p> <p>c) Every 3 years</p>
<p>6</p> <p>a) What is abdominal fat?</p> <p>b) A man with a waist circumference of 100cm is at high risk of what?</p>	<p>a) abdominal fat = fat around the middle of the body</p> <p>b) High levels of abdominal fat are linked with non-communicable diseases such as cardiovascular disease, cancer and diabetes.</p>
<p>7</p> <p>a) What body tissues may show signs of nutrient deficiency?</p> <p>b) Hair that can be pulled out easily could suggest a person is low in what nutrients?</p>	<p>a) Tissues of the body that can show nutrient deficiencies include the following:          ~Skin          ~Eyes          ~Gums          ~Hair          ~Nails          ~Mouth</p> <p>b) If a person's hair can be pulled out very easily, it could mean they are low in protein, iron or vitamin D.</p>
<p>8</p> <p>a) What is a DEXA scanner used to measure?</p> <p>b) List three ways to measure body fat.</p>	<p>a) The most accurate way to measure body fat is by using a DEXA scanner. This is an X-ray that shows an exact breakdown of fat mass, bone density and muscle mass.</p> <p>b) Three ways to measure:          - DEXA scanner          - Skinfold thickness – using callipers          - Bioelectrical impedance analysis (BIA)</p>
<p>a) List environmental factors that can affect nutritional status.</p>	<p>a) Environmental factors affecting food choice:          - Money          - Culture          - Food availability          - Money</p>

<p>b) In the ABCDE of measuring nutritional status, what does E stand for?</p>	<ul style="list-style-type: none"> <li>- Time to cook</li> <li>- Choices in shops</li> <li>- Education</li> <li>- Family</li> <li>- Work patterns</li> <li>- Religion</li> </ul> <p>b) E = environmental factors</p>
<p>10 a) What is the difference between 'baby blues' and postnatal depression?</p> <p>b) What are the symptoms of postnatal depression.</p>	<p>a) 'Baby blues' only last a few weeks and usually go away on their own. But postnatal depression will last longer and individuals need some support to manage it.</p> <p>b) Symptoms:</p> <ul style="list-style-type: none"> <li>~Difficulty bonding with the baby</li> <li>~Worrying about not being a good mother</li> <li>~Struggling to eat, sleep or properly take care of the baby</li> <li>~Low mood</li> <li>~Feeling sad, worthless and hopeless</li> <li>~Difficulty sleeping</li> <li>~Problems with concentration or making decisions</li> <li>~Lack of energy</li> <li>~Avoiding seeing or speaking to friends and family</li> <li>~Loss of interest in things</li> </ul>
<p>11 a) What exercises should be avoided during pregnancy?</p> <p>b) What exercises are recommended during pregnancy?</p>	<p>a) Exercises to avoid during pregnancy:</p> <ul style="list-style-type: none"> <li>-Pregnant woman should not lie flat on their back for long periods of time, particularly after 16 weeks, as she might feel faint or dizzy.</li> <li>~It is not recommended to take part in contact sports where there's a risk of being hit, such as kickboxing or judo.</li> <li>~Sports where there is a risk of the woman falling such as horse-riding or rock climbing should be avoided</li> </ul> <p>b) Recommended exercises during pregnancy:</p> <ul style="list-style-type: none"> <li>-Walking</li> <li>-Swimming</li> <li>-Low impact aerobics (with a qualified instructor)</li> <li>-Pelvic floor exercises</li> </ul>
<p>12 a) What symptoms are felt during the first trimester of pregnancy?</p> <p>b) What changes happen during the second trimester of pregnancy?</p>	<p>a) There are many symptoms that may happen for the pregnant woman during the first trimester. These include:</p> <ul style="list-style-type: none"> <li>~Fatigue (tiredness)</li> <li>~Heartburn</li> <li>~Missed period</li> <li>~Nausea and possibly vomiting (this is known as morning sickness)</li> </ul> <p>b) During the second trimester, the following changes happen to the foetus:</p> <ul style="list-style-type: none"> <li>~The foetus begins to make urine.</li> <li>~They develop meconium. This is the first bowel movement.</li> <li>~The gender will become apparent.</li> </ul>

		<p>~The musculoskeletal system is developing, and the bones begin to harden.</p> <p>~The skin is translucent (almost see-through).</p> <p>~The foetus can suck their thumb, and their fingerprints form.</p> <p>~By the end of this trimester, they are gaining some body fat.</p>
13	<p>a) What are the signs of labour?</p> <p>b) Why should a pregnant woman get medical attention if she thinks she is in labour?</p>	<p>a) Signs of labour include:</p> <ul style="list-style-type: none"> <li>- lower back pain or pain around the stomach</li> <li>- the release of amniotic fluid known as the 'waters breaking'</li> <li>- contractions.</li> </ul> <p>b) If a woman thinks she is in labour, she should get medical attention – as they baby may be on its way.</p>
	Part 3 - Scenario	<p>Name: Mansoor Al Hammadi</p> <p>Age: 55 years</p> <p>Gender: Male</p> <p>Height: 1.78m Weight: 72.8kg Body fat: 19.7kg Waist circumference: 88.2cm</p>
1	<p>a) What is the formula used to calculate BMI?</p> <p>b) Using the information provided, calculate Mansoor's BMI.</p>	<p><math>BMI = \text{weight (kg)} \div \text{height}^2 \text{ (m}^2\text{)}</math></p> <p><math>72.8 \div 1.78\text{m}^2 = \underline{22.97}</math></p>
2	<p>a) Identify the BMI category that Mansoor belongs to.</p> <p>b) How could Mansoor improve his BMI score?</p>	<p>Mansoor is in the normal healthy weight category.</p> <p>Mansoor should aim to maintain this weight by eating a healthy, balanced diet.</p>
3	<p>a) What is the formula to calculate body fat percentage?</p> <p>b) Using the information provided, calculate Mansoor's body fat percentage.</p>	<p><math>\text{Body fat} \div \text{TBW} \times 100</math></p> <p><math>(19.7 \div 72.8) \times 100 = \underline{27.06}</math></p>
4	<p>a) Refer to the body fat ranges in the textbook (page 69) to decide which body fat range he belongs to.</p>	<p>Orange = excess body fat.</p>

	b) 2 Describe the meaning of Mansoor's body fat range.	This category shows that the person has gone above the healthy body fat for their age, and they should try to reduce it.
5	a) What is the purpose of measuring waist circumference?  b) What factors affect a waist circumference measurement?	Waist circumference is the total distance around the waist. A larger waist circumference shows there is more abdominal fat (fat around the middle of the body)  Age, gender, and ethnicity will affect the measurement.



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