

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



حل مراجعة نهائية 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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Revision -Grade 12

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Health sciences

Second term- EOT2

1- What is personal hygiene?

Keeping yourself and your surrounding clean.

(page 22)2-How do communicable diseases

spread?

Through contact with an infected person, through contaminated food or drinks, through insect bites or the air. (page 12)

3- What is moderate-intensity physical activity?

It is when you are working at 70-80% of maximum heart rate. (page 28)

4- What is high-intensity physical activity?

When you are working at 80-85% of MHR. (page 28)

5- what diseases can be prevented by having calcium in the diet?

Osteoporosis. (page 19)

6- what foods reduce the risk of developing musculoskeletal diseases such as osteoporosis?

Calcium-rich foods. (page 19)

7- what causes diseases?

A- diseases caused by bacteria, viruses and parasites.

B- diseases caused by lifestyle choices, the environment they live in, or their family history. (page 11)

8- what are the categories of disease?

Communicable diseases- non-communicable diseases. (page 11)

9- how do infections spread?

Through contact with people who are sick. (page 12)

10- what term can be used to describe a disease that spreads easily from one person to another?

Communicable disease.

11- what does a dietitian do?

He measures the nutritional status of a patient, he interprets the results to understand the patient's health status and advise them on how to improve their diet and overall nutritional status. (page 50)

12- which medical professional would you visit to have nutritional assessment completed?

Dietitian.

13- define communicable disease?

A disease that can be spread from one person to another.

14- give an example of non-communicable disease?

Cardiovascular disease-cancer-respiratory disease—diabetes. (page 13)

15- what is the difference between baby blues and postnatal depression?

The baby blues can start just after birth and usually only lasts for a few weeks.

Postnatal depression is a type of depression that a lot of women experience after giving birth.

Baby blues lasts a few weeks and usually go away on their own, postnatal depression will last longer and individuals need some support to manage it. (page 159-160)

16- what are the symptoms of postnatal depression?

Difficulty bonding with baby-worrying about not being a good mother-struggling to eat, sleep or properly take care of the baby-low mood-feeling sad-difficulty sleeping-problems with concentration or making decisions. (page 160)

17- what exercises should be avoided during pregnancy?

Contact sports such as kickboxing or judo, horse riding or rock climbing where there is a risk of the woman falling. (page 149)

18- what exercises are recommended during pregnancy?

Walking-swimming-low impact aerobics and pelvic floor exercises. (page 148)

19- what symptoms are felt during the first trimester of pregnancy?

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

20- what changes happen during the second trimester of pregnancy?

The foetus begins to make urine-they develop meconium- the gender will become apparent-the musculoskeletal system is developing and the bones begin to harden-the skin is translucent-the foetus can suck their thumb-gain some body fat. (page 127)

21- list modifiable risk factors for a disease?

Sedentary lifestyle-being overweight-type 2 diabetes-smoking-high blood pressure-high blood cholesterol-high level stress. (page 15)

22- list non-modifiable risk factors for disease?

Gender-age-family history-ethnicity. (page 16)

23- Identify positive health behaviors?

Having a healthy diet-getting enough sleep-having good personal hygiene-being physically active-getting regular medical check-ups. (page 18)

24- what is the meaning of positive health behaviors?

Lifestyle habits. (page 18)

25- explain how physical activity benefits each dimension of health?

-physical health: activities improve how the body works and reduce the risk of diseases.

-mental and emotional health: activities reduce the stress levels and improve mood by releasing endorphins.

-social health: taking part in a group sports can help to:

Increase confidence-learn leadership skills-make new friends-increase motivation to exercise. (page 24-25-26)

26- what are endorphins?

A group of hormones which are released by the brain to reduce pain and increase wellbeing. (page 26)

27- what is a mammogram?

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

28- what screening test is performed to test for diabetes?

Fasting blood glucose. (page 36)

29- how often should prostate screening happen?

Blood test or physical examination. (page 36)

30- how often should women aged 25 be screened for cervical cancer?

Pap smear test. (page 36)

31- what is abdominal fat?

Fat around the middle of the body. (page 54)

32-a man with a waist circumference of 100 cm is at high risk of what?

Non-communicable diseases such as cardiovascular diseases, cancer and diabetes. (page 54)

33- what body tissues may show signs of nutrient deficiency?

Skin-eyes-gums-hair-nails-mouth. (page 72)

34- hair that can be pulled out easily could suggest a person is low in what nutrients?

Protein-iron -vitamin D. (page 72)

35- what is a DEXA scanner used to measure?

To measure body fat. (page 65)

36- list three ways to measure body fat?

DEXA scanner-skinfold thickness-bioelectrical impedance BIA. (page 65-66)

37- list environmental factors that can affect nutritional status?

Food availability-money-culture-family traditions-time to cook-choices in shops-religion-cooking skills-work patterns-access to suitable place to cook-culture-education about nutrition. (page 78)

38- in the ABCDE of measuring nutritional status, what does E stand for?

Environmental factors.

39- what are the signs of labour?

Lower back pain or pain around the stomach, the release of amniotic fluid known as the water breaking and contractions. (page 152)

40- why should a pregnant woman get medical attention if she thinks she is in labour?

Because labour is the process of childbirth and it needs emergency medical care.

41- what are the stages of pregnancy called?

Trimesters.

42- how many trimesters are there in pregnancy?

Three trimesters.

43- how long does pregnancy last?

It lasts between 40 and 42 weeks.

44- what is another word for pregnancy?

Gestation.

45- what is the name given to the process of childbirth?

Labour. There are stages of labour. (page152-153)

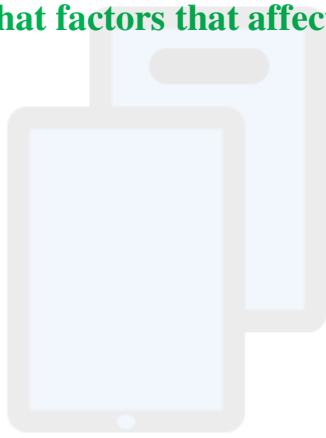
46- scenario: you will be given weight, height, body fat, waist circumference and the age for a male called Mansoor AL Hammadi, then you will be requested to calculate BMI and body fat percentage and answer the following questions:

A-how could Mansoor improve BMI score.

B-what is the purpose of measuring waist circumference.

C-identify the BMI category.

D-what factors that affect waist circumference measurement.



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Best wishes