أسئلة اختبارية نهاية الفصل المسار المتقدم

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التواصل الاجتماعي بحسب الصف الثاني عشر

روابط مواد الصف الثاني عشر على تلغرام

التربية الاسلامية	اللغة العربية	اللغة الانجليزية	الرياضيات

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

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Health Sciences

EOT2 Practice Questions

Grade 12 Advanced

No.	Practice Questions
1.	Match the non-modifaiable risk factor to the description. Gender — A large group of people with the same customs or origin. Family history — Whether a person is male or female. Age — The medical condition of a person's family members. Ethnicity — How old a person is.
2.	Fill in the type of risk factor based on the description. Risk factors that you can change: .... Risk factors that you cannot change: ....
3.	Write a short paragraph describing some of the best ways to prevent disease.
4.	2. What are two reasons why a person might develop a disease or illness? .... 3. What is preventing or lowering the chance of getting a disease called? ....

5.

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		

6.	1. Write what each of the risk factors below means. Modifiable risk factor: .... Non-modifiable risk factor:
7.	3. From the list below, write yes if they are positive health behaviours or no if not. |	Yes or no?
Being physically active	
Having good personal hygiene	
Being overweight	
Getting regular medical check-ups	
Smoking	
Having a healthy diet	
Not exercising	
Getting enough sleep		
8.	Answer the questions below about how a healthy diet can reduce the risk of certain diseases. Identify two diseases that you have a higher risk of developing if you are overweight. .... Which mineral helps in maintaining healthy bones? .... Name two foods that are a good source of this mineral. .... What can happen if you have too much cholesterol in the body?
9.	What nutrients can have a negative effect on heart health?

10.	Work in groups. Using the 'protect your health with vaccinations' chart in the textbook, write the age that children should have each of the following vaccinations. Remember that some vaccinations might have more than one answer.

Vaccination	Age
Polio (OPV/IPV)	
Hepatitis B (Heb B)	
Varicella (chickenpox)	
Measles, mumps, rubella (MMR)	
Tuberculosis (BCG)	
Influenza (Hib)	

11.	List four diseases that are vaccinated against as part of the UAE National Immunization Programme.

12.	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	

13.

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

20s and 30s ....

....

40s ....

....

50s and 60s ....

....

14.	Answer the questions about screening results. 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 has a negative result from a screening test, does it mean they will never develop the condition they were tested for? .... 3. 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? .... 4. What further tests does a person need if they have a positive screening result? ....
15.	Read the description and then name the type of test. This is done when a person has signs or symptoms of a disease or has had a positive screening test. .... This is done when people who do not have any signs or symptoms of a disease. ....
16.	6. Answer the questions about screening or diagnostic tests. Which type of test checks for early signs of disease? .... Which type of test is done when signs of a disease have been identified? .... Which type of test is low cost?

17.	Write your own definition of malnutrition and undernutrition.
	Malnutrition ....
	Undernutrition ....

18.	Read the descriptions below and decide which type of undernutrition they are describing.
	Someone who is not getting enough of certain vitamins or minerals ....
	Someone who is a low weight for their height ....
	A child who is a low height for their age ....
	A child who is a low weight for their age ....

19.	Identify the ABCDE methods for assessing nutritional status. A.. B.. C.. D.. E..
20.	Identify at least three reasons why nutritional assessment is important.
21.	Using the WHO growth charts provided in your textbook, identify the correct percentile for each of the following people. | Age	Height	Gender	Percentile
---	---	---	---
11 years 9 months	150cm	Boy	
6 years 6 months	109cm	Girl	
15 years 3 months	175cm	Girl	
17 years 9 months	168cm	Boy	
10 years	150cm	Boy		

22.	Using the WHO growth charts provided, plot where you are on the growth chart.

My gender	My age (in years and months)	My height (in centimetres)

Which percentile do you belong to on the growth chart?

....

What does this mean?

....

....

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

24.	Write the correct BMI range (numbers) beside each classification of BMI.

BMI classification	BMI
Underweight	
Normal	
Overweight	
Obese	

25.	**1. Hind** Height: 1.62m Weight: 68kg BMI .... BMI classification ....

26.	**4. Rashid** Height 1.77m Weight 85kg BMI .... BMI classification ....…
27.	Circle the methods of measuring body fat. | Bioelectrical impedance	Weighing scales	Tape measure
---	---	---
BMI	DEXA scanner	Skinfold thickness	
28.	Write the formula that is used to calculate body fat percentage.
29.	Calculate body fat percentage of the following person: **3. Mouza** Body fat: 18kg TBW: 75kg Age: 58 years .... Colour group ....…
30.	Calculate body fat percentage of the following person: **2. Mansoor** Body fat: 12kg TBW: 84kg Age: 25 years ....
31.	4. List the three types of dietary assessment.
32.	Explain what is meant by biochemical methods of nutritional assessment.
33.	Explain in your own words what a food desert is and why it could have an impact on nutritional status.

34.	Biochemical methods can be used to check for vitamin and mineral levels in the blood. Name some vitamins and minerals that can be checked using biochemical methods.
35.	As a vegan diet does not contain meat vegan's need to make sure they consume enough protein and iron from other sources. List some vegan sources of iron and protein.
36.	What is the estimated percentage of deaths due to non-communicable disease in the UAE? %
37.	Choose three ways that having positive health behaviours can improve someone's life.
38.	list some positive and negative health behaviours.
39.	Explain in your own words why behaviour change is important. How could it reduce the number of preventable deaths?
40.	Which two sentences best describe the natural environment? Circle your answers.

Question 37 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.	

Question 40 options:

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.

41.	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 use the escalator instead of walking up the stairs. . How does it make people's lives easier?
42.	What is the social environment?
43.	Amna wants to be a doctor in the future. She sets out a plan to study more so that she will get better grades in school. What personal factor is this?
44.	Salim thinks that if he starts to exercise now, and keeps it up for three months, then he will be more fit and strong. What personal factor is this?

Male only questions:

45.	Decide which type of fire extinguisher should be used to treat each of the following types of fire. Type of fire extinguisher: Type of fire extinguisher: Type of fire extinguisher:

46.

1. 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	

47.

What are some things that the UAE government has done to protect pedestrians and cyclists? Tick all that apply.

Reduced speed limits in built-up areas	
Allowed cyclists to ride their bikes on pavements	
Increased the speed limits near schools	
Created safe cycle tracks for cyclists	
Created school safety zones	
Made a law that states that cyclists must wear a protective helmet	
Made more zebra crossings so that pedestrians can cross the road safely	

48.

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?

....

110
80

60

49.	Put the following causes of road accidents in the UAE into the correct order. Numbr 1 should be the most common cause of accidents. Dangerous driving [ ] Lack of attention or judgement [ ] Reversing in a dangerous way [ ] Not following the road lines [ ] Driving without keeping a safe distance [ ] Sudden swerving/lane changing [ ] Entering a road without checking that it is clear [ ]
50.	Around .... people are killed and .... are injured on UAE roads every day. .... drivers cause more car accidents. The .... age group cause the least accidents. The .... age group cause the most accidents. .... are involved in 8% of all accidents.
51.	List three of the main reasons for traffic accidents in the United Arab Emirates.

52.

Fill in the missing parts of the table about the fines and penalties that drivers face for breaking a law on the UAE's roads.

Rule	Fine	Penalty
Speeding over the speed limit by no more than 20 km/hour		-
	AED 3,000	23 black points
Dangerous driving	AED 2,000	
	AED 1,000	12 black points
Using a mobile phone when driving		
	AED 1,000	

53.

In the spaces, write what car seat/seat belt should be used based on the information in the boxes on the left.

For age 2 and above, up to 125cm	
For children between 125cm and 145cm tall	
For infants up to 2 years	
For children at least 145cm tall	

54.

What is the penalty for a driver or passenger who is not wearing a seatbelt?

55.	Answer the following questions about the UAE laws on wearing seat belts by selecting yes or no.		
		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 bay 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?		

56.	answer the following questions.
	1. How long would it take a car travelling at 32km/h to stop?
	....
	2. How long would it take a car travelling at 80km/hour to stop?
	....
	3. What is the reaction time for a car travelling at 48km/h?
	....
	4. What is the braking distance for a car travelling at 112km/h?
	....
	5. How many car lengths would it take a car traveling at 32km/h to stop?
	....
	6. How many car lengths would it take a car travelling at 112 km/h to stop?
	....

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

58.	. Match the descriptions to the correct answer.

Stopping time in wet conditions	Reaction time and the braking distance combined
True stopping time	The time it takes for the car's braking system to bring the car to a complete stop
Braking distance	Add another 2/3 seconds

59.	

Choose four things that can help you, your passengers, and other road users stay safe when you are driving.

Be aware of weather conditions that can affect driving.	
Drive as close as you can to the car in front.	
Change lanes quickly, without using your indicator.	
Leave a safe distance between your car and the car in front.	
If it starts to rain, drive faster to get home quickly.	
Use your mirrors and indicator when changing lanes.	
Try to drive at the maximum speed limit.	

Female only questions:

60.	Write a short paragraph about what physical changes happen to a foetus during each trimester.
61.	A woman experiences physical changes during each trimester. Match the changes described on the left to the correct trimester. Difficulty sleeping Morning sickness Mother can feel the foetus moving Fatigue Mother starts to feel well Trimester 1 Trimester 2 Trimester 3
62.	What are the three stages of pregnancy?
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. <table><tr><td>orange</td><td>blue cheese</td><td>coffee</td><td>orange juice</td><td>sprouting vegetables</td></tr><tr><td>yoghurt</td><td>potato</td><td>raw meat</td><td>banana</td><td>rice</td></tr><tr><td>salmon</td><td>carrot</td><td>tuna</td><td>low-fat milk</td><td>raw eggs</td></tr></table>
64.	Think of some suggestions that you would give a pregnant woman about how she can get more folic acid/folate in her diet.

65.	Look at the following foods and nutrients. Match the nutrient with the food it is found in. | calcium		oranges
---	---	---
iron		milk
vitamin C		spinach
folic acid		red meat	
66.	2. Noora has a BMI of 32 before pregnancy. How much weight is she expected to gain during pregnancy?
67.	3. Reem has a BMI of 22 before pregnancy. How much weight is she expected to gain during pregnancy?
68.	Match the BMI reading before pregnancy with the expected weight gain for a woman during pregnancy. | Before pregnancy		During pregnancy
---	---	---
less than 18.5		11.5 – 16 kg
18.5 – 24.9		12.5 – 18 kg
25 – 29.9		5 – 9 kg
greater than 30		7 – 11.5 kg	

#	
69.	Give one reason why each of the following nutrients is important during pregnancy. 	Nutrient	Importance
---	---
iron	
calcium	
folic acid		
70.	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.
71.	What recommendations about breastfeeding would you give to a woman who has just given birth to a baby?
72.	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	

73.	Read the following statements about physical activity during pregnancy. Write 'A' if you agree and 'D' if you disagree with the statements in the space provided.
	Taking part in regular physical activity when pregnant has many health benefits. ☐
	If a pregnant woman has fluid loss when exercising, she should stop exercising and get medical attention. ☐
	If a pregnant woman feels contractions during exercise, she should finish her workout as planned before getting medical attention. ☐
	A woman should do physical activity while pregnant to lose weight. ☐
	Doing physical activity during pregnancy can help to maintain cardiovascular and muscular fitness. ☐
	If a woman is feeling very tired, she could try to do some physical activity. It helps to improve energy levels. ☐
	A woman should push herself to run as fast as she can when pregnant. ☐
	Physical activity during pregnancy can help improve a woman's self-esteem and mood. ☐

74.	Match the description with the correct stage of labour.	
	lasts for approximately two hours	Stage 1
	contractions around five minutes apart	
	placenta is delivered	Stage 2
	contractions start	
	umbilical cord is clamped	Stage 3
	urge to push	