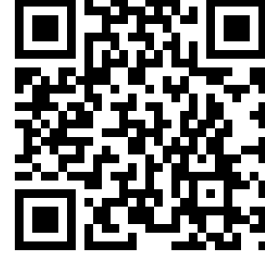


شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



نموذج أسئلة وفق الهيكل الوزاري - متقدم (أولاد)

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

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

[حل أسئلة الامتحان النهائي - المتقدم - بنات](#)

1

[نموذج أسئلة وفق الهيكل الوزاري - عام بنين وبنات](#)

2

[حل مراجعة نهائية وفق الهيكل الوزاري](#)

3

[حل مذكرة نهائية شاملة - بنين](#)

4

[مذكرة نهائية شاملة - بنات](#)

5

## Health sciences EOT2 Practice Questions Grade 12 Boys Advanced 2023

**1- Why do we need calcium in our diets?**

*To strengthen our bones/to have healthy bones*

**2- Name a disease of the skeletal system.**

*Rickets/ osteoporosis*

**3- What type of assessment requires recording all food eaten in a time period?**

*Three-day food diary*

**4- What are dietary intakes?**

*When the patient records all the food and drinks, he consumes in a period of time.*

**5- Give an example of PPE.**

*Gloves and masks*

**6- Why do doctors wear PPE?**

*To protect themselves*

**7- What causes healthcare infections?**

*Bacteria, viruses and parasites which enter a person's body*

**8- What three things are needed for an infection to spread?**

*Unclean hands, uncleaned medical equipment and sick people*

9-

**9- How can diseases be prevented?**

*By hand washing, having good hygiene, quarantine and wearing PPE.*

**10- Describe the advice for someone whose BMI is healthy?**

*They should aim to maintain their weight by eating a healthy, balanced diet.*

**11- Can non-communicable diseases spread from person to person?**

*No*

**12- What is a communicable disease?**

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

**13- What is disease prevention?**

*It is approach that aims to prevent people from communicable diseases*

**14- What is an assembly point?**

*It is a safe place for the people to go to during an emergency such as fire.*

**15- List three uses of fire.**

*Cooking, warmth and light*

**16- How can fire be dangerous?**

*When it is uncontrolled*

**17- What name is given to driving without keeping a safe distance?**

*Tailgating*

**18- Who causes the most accidents on UAE roads?**

*males*

**19- How does cholesterol have a negative effect on health?**

*It blocks arteries and cause stroke*

**20- Describe the WHO recommendations for physical activity.**

*Any bodily movement that requires energy*

**21- List examples of moderate-intensity physical activity.**

*Swimming slowly/ golf/ gardening/heavy housework*

**22- How does physical activity benefit social health?**

*By increases confidence and make new friends*

**23- How does physical activity benefit mental and emotional health?**

*Exercise reduces stress and improves our mood.*

**24- What are screening tests?**

*It is a test used to check for diseases before people have any signs or symptoms.*

**25- What are diagnostic tests?**

*They are done when people have positive result from screening and have signs and symptoms.*

**26- What type of test is done to screen for bowel cancer?**

*Colonoscopy (منظار)*

**27- What is a mammogram?**

*It is a screening test for breast cancer*

**28- What are growth charts?**

*These charts are used to compare height and weight against people of the same age and gender.*

**29- What do percentiles on growth charts mean?**

*They mean the percentage of people who are the same height or taller.*

**30- What is a healthy waist circumference for males?**

*Less than 94cm.*

**31- What is a healthy waist circumference for females?**

*Less than 80cm.*

**32- Give an example of a biochemical method of measuring nutritional status.**

*Blood test/ urine test*

**33- What is the most accurate way to find a micronutrient deficiency?**

*By using biochemical method*

**34- What is stopping distance**

*It is the time it takes to stop your moving car.*

**35- How do you calculate stopping distance?**

*the reaction time plus the breaking distance*

**36- When should fog lights be used?**

*When driving in heavy rain or fog.*

**37- List a safety measure that should be taken when driving in heavy rain.**

*Slow down/ leave space*

**38- Identify each element of the fire triangle.**

*Heat- fuel and oxygen*

**39- What is an example of fuel in the fire triangle?**

Wood – paper – cloth – paint - oil

**40- What are the steps for using a fire extinguisher?**

*Pull the pin – Aim at the base – Squeeze the handle – Sweep from side to side.*

**41- Where should you aim a fire extinguisher when in use?**

*At the base*

**42- What are the top causes of road accidents in the UAE?**

*Sudden swerving – tailgating – dangerous driving*

**43- What is "dangerous driving?"**

*Speeding and running redlights*

**Part 3 – Total 20 marks**

Scenario

**Name:** Shahad

**Age:** 25

**Gender:** Female

**Height:** 1.62m

**Weight:** 72.8kg

**Body fat:** 25.7kg

**1- What is the formula used to calculate BMI?**

*BMI = weight (kg) ÷ height<sup>2</sup>*

**2- Using the information provided, calculate Shahad's BMI.**

*72.8 ÷ 2.6 = 28*

**3- Identify the BMI category that Shahad belongs to.**

*overweight*

**4- How could Shahad improve her BMI score?**

*By eating healthy food and exercising*

**5- What is the formula used to calculate body fat percentage?**

*Body fat ÷ Body weight x 100*

**6- Using the information provided, calculate Shahad's body fat percentage.**

$$25.7 \div 72.8 \times 100 = 35.3$$

**7- Refer to the body fat ranges in the textbook to decide which body fat range she belongs to.**

*Excess fat*

**8- What advice would you give to Shahad after completing this nutritional assessment?**

*to eat healthy food and exercise*

**with love**

**Tayseer**

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