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Unit 2 – Disease Prevention



Choose the correct answer. Circle A, B, C or D.

1.	A risk factor is something that increases your chances of getting a	
	(A)	healthy lifestyle
	(B)	healthy diet
	(C)	result
	(D)	disease

2.	Genetics, family history and gender are examples of	
	(A)	non modifiable risk factors.
	(B)	behaviours
	(C)	modifiable risk factors
	(D)	personal health

3.	A healthy diet increases the _____ levels in your blood.	
	(A)	“bad” cholesterol (low density lipoprotein)
	(B)	“good” cholesterol (high-density lipoprotein)
	(C)	pressure
	(D)	virus

4.	Being _____ is a major risk factor for many conditions such as type 2 diabetes, osteoporosis, stroke and heart disease.	
	(A)	physically active
	(B)	overweight
	(C)	hungry
	(D)	healthy

5.	You should try to get _____ of sleep every night.	
	(A)	7-9 hours
	(B)	over 10 hours
	(C)	4-6 hours
	(D)	6 hours

6.	Personal hygiene refers to
(A)	how we share germs.
(B)	ways to create disease and infection.
(C)	how we develop our personal space.
(D)	the things we do to clean and care for our bodies.

7.	A sedentary lifestyle is a lifestyle where
(A)	an individual does too much physical activity.
(B)	an individual overeats their food.
(C)	an individual does not do enough physical activity.
(D)	an individual is healthy.

8.	Lack of iron in your diet may result in
(A)	helping your diet.
(B)	anaemia – lack of energy and poor memory
(C)	indigestion
(D)	weak bones and low bone mass.

9.	If someone gets a “normal result” from a screening (a negative result), this means they are
(A)	cured from the disease they had.
(B)	at low risk of having the condition they were screened for.
(C)	never going to get the disease they were screened for.
(D)	at high risk of having the condition they were screened for.

10.	The main difference between screenings and diagnostic tests is that screenings are carried out on
(A)	people who are ill.
(B)	patients for a diagnosis of their condition.
(C)	‘well population’ or people who do not have any symptoms.
(D)	All of the above

Activity-based Questions

Part 2:

11.	The effect of modifiable risk factors can be reduced if you make lifestyle changes.	/1
(A)	True	
(B)	False	

12.	Many diseases and infections are spread by not washing their hands with soap and clean, running water.	/1
(A)	True	
(B)	False	

13.	Anything that gets you moving and increases your heart rate from resting can be classed as physical activity.	/1
(A)	True	
(B)	False	

14.	A diagnosis is carried out to diagnose an illness	/1
(A)	True	
(B)	False	

15.	Exercise increases stress and lowers your mood.	/1
(A)	True	
(B)	False	

16.	Provide a word for the following sentence. A way to help reduce or prevent disease by injecting a very small amount of the virus or bacteria that causes a specific disease into the body.	/1

17.	Choose the 3 correct answers: Physical benefits of exercise can include	
(A)	Improve bone strength – regular physical activity reduces the risk of broken bones and osteoporosis.	
(B)	giving you disease	
(C)	Improves your functional fitness and ability to carry out everyday tasks such as walking up stairs.	
(D)	Reduce the risk of disease such as heart diseases such as hypertension, coronary heart disease, stroke and diabetes.	
(E)	Make injuries worse	

18.	Look at the actions you should take when washing you hands. Write them in the correct order.	/5
1..... 2..... 3..... 4..... 5..... 6..... 7..... 8.....		
Press finger tips into the palm of each hand	Pay particular attention to the thumbs	Dry your hands thoroughly with a clean towel
Spread the laver over the back of hands	Wet your hands under running water	Make sure soap gets in between your fingers
		Apply soap and rub palms together to ensure complete coverage
		Grip the fingers on each hand

19.	Choose 4 modifiable risk factors:	/4
(A)	genetics	
(B)	Unhealthy diet	
(C)	smoking	
(D)	age	
(E)	Being overweight	
(F)	Sedentary lifestyle	

20.	Choose the correct 2 consequences of not having enough vitamin C in your diet.	/3
(A)	having and maintaining strong bones and muscles.	
(B)	constipation	
(C)	Scurvy – bleeding gums	
(D)	Muscle weakness	
(E)	fatigue	

21.	Fill in the blanks using the words below about physical activity:	/4
<p>Exercise reduces the amount of harmful _____ and fats in your blood which keep _____ and veins clear, helping you to lower blood _____.</p> <p>This can reduce your risk of heart attack and _____.</p> <p>A. stroke B. cholesterol C. pressure D. arteries</p>		

22.	Choose the 3 correct answers. Some benefits of screening include:	/3
(A)	Screening can detect a problem early before you have any symptoms.	
(B)	Helping to develop problems of health and disease	
(C)	Finding our about a problem early can mean treatment is more successful.	
(D)	Important for the circulation of blood around the body.	
(E)	Screening can reduce the risk of developing a condition or complications to do with it.	

