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## Multiple Choice

### Part 1:

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

1.	Which one of the following is <b>NOT</b> a sign of hypoglycaemia?
(A)	Dizziness.
(B)	Paleness.
(C)	Fruity smelling breath.
(D)	Feeling hungry.

2.	Hyperglycaemia can affect people with...
(A)	Type 1 diabetes.
(B)	Types 2 diabetes.
(C)	Gestational diabetes.
(D)	All of the above

3.	Which part of the body is affected by diabetic neuropathy?
(A)	The eyes.
(B)	The feet and hands.
(C)	The lungs.
(D)	The ears.

4.	Which of the following body parts is <b>NOT</b> part of the respiratory system?
(A)	The brain.
(B)	The nose.
(C)	The lungs.
(D)	The larynx.

5.	Which of the following is <b>NOT</b> part of a manual Blood Pressure Monitor?
(A)	Stethoscope.
(B)	Valve.
(C)	Cuff.
(D)	Gauge/ manometer.

## Multiple Choice

6.	According to the World Health Organisation, a normal adult blood pressure reading is...
(A)	120/ 80 mm of Hg.
(B)	140/ 80 mm of Hg.
(C)	100/ 80 mm of Hg.
(D)	90/ 60 mm of Hg.

  

7.	Which of the following lifestyle behaviours can help manage hypertension?
(A)	Reducing the amount of saturated fat and sodium in the diet.
(B)	Doing regular physical activity.
(C)	Avoiding tobacco.
(D)	All of the above.

  

8.	Psychology examines which of the following?
(A)	Human behaviour.
(B)	Temperature.
(C)	Physical fitness.
(D)	Respiratory rate.

  

9.	Which type of psychology examines how people learn and develop throughout their lifespan?
(A)	Personality psychology.
(B)	Forensic psychology.
(C)	Developmental psychology.
(D)	Sport psychology.

  

10.	Clinical psychology is used to...
(A)	diagnose and treat mental illness.
(B)	study the processes of the brain.
(C)	examine how people interact with each other.
(D)	investigate criminal cases.

## Multiple Choice

11.	A psychologist helps a health professional understand...
(A)	why people behave the way that they do.
(B)	how to measure blood pressure.
(C)	how to measure heart rate.
(D)	how to follow a healthy diet.

12.	Which of the following is <b>NOT</b> a sensory receptor?
(A)	Smell.
(B)	Touch.
(C)	Heart.
(D)	Taste.

13.	Sensation, perception and consciousness are parts of...
(A)	basic cognitive processes.
(B)	higher cognitive processes.
(C)	lower cognitive processes.
(D)	weaker cognitive processes.

14.	Sensations allow the brain too...
(A)	take information from a psychologist.
(B)	take information from a healthcare professional.
(C)	take information from the senses.
(D)	not take any information at all.

15.	_____ gives meaning to the sensations that you feel.
(A)	Consciousness
(B)	Perception
(C)	Language
(D)	Memory

## Multiple Choice

16.	_____ refers to things we could be aware of if we wanted to.
(A)	Unconscious
(B)	Pre-conscious
(C)	Conscious
(D)	Re-conscious

17.	Why is it so important for a healthcare professional to understand consciousness?
(A)	To better understand what could have led to their condition or illness.
(B)	To help them to set realistic goals.
(C)	To understand the level of motivation the patient has before they make a change.
(D)	All of the above.

18.	Which of the following sentences best describes what a “pulse” is?
(A)	The pressure against the walls of the blood vessels.
(B)	The number of times a heart beats per minute.
(C)	Breathing in and out.
(D)	The body temperature.

19.	The first thing you should do before measuring pulse is...
(A)	make sure the patient is at rest and has not been exercising.
(B)	locate their radial artery if possible.
(C)	start timing the number of beats for one minute.
(D)	when you can feel the pulse, ask the patient to sit quietly.

20.	If someone’s heart rate was measured as 35 beats in 30 seconds, their bmp would then be...
(A)	90 bpm.
(B)	75 bpm.
(C)	70 bpm.
(D)	60 bpm.

## Multiple Choice

21.	A heart rate of 110 bpm is interpreted as...
(A)	Tachycardia.
(B)	Bradycardia
(C)	Tachypnoea.
(D)	Bradypnea.

22.	The normal heart rate for an adult is...
(A)	40-60 bpm.
(B)	60-80 bpm.
(C)	80-100 bpm.
(D)	60-100 bpm.

23.	Which of the following affects the heart rate?
(A)	Emotions.
(B)	Physical activity.
(C)	Sleep.
(D)	All of the above.

24.	The _____ pulse is located in the wrist.
(A)	brachial
(B)	carotid
(C)	pedal
(D)	radial

25.	The carotid artery is located at the side of the _____ .
(A)	neck.
(B)	elbow.
(C)	wrist.
(D)	foot.

## Multiple Choice

26.	Health care professionals must understand language to...
(A)	Communicate well with patients.
(B)	Read body language.
(C)	Communicate with other healthcare professionals.
(D)	All of the above.

27.	The Theory of Cognitive Development shows...
(A)	how children's physical development changes as they get older.
(B)	how children's behaviour changes as they get older.
(C)	how children's intellectual development changes as they get older.
(D)	how children's emotional development changes as they get older.

28.	One's belief in one's ability to succeed in specific situations or accomplish a task is called
(A)	Self-confidence.
(B)	Self-efficacy.
(C)	Self-doubt.
(D)	Self-esteem.

29.	This psychologist developed the theory of cognitive development.
(A)	Sigmund Freud
(B)	Ivan Pavlov
(C)	Albert Bandura
(D)	Jean Piaget

30.	Children can critically analyze situations in this category:
(A)	Sensorimotor
(B)	Pre-operational
(C)	Concrete operational
(D)	Formal operational

## Multiple Choice

31.	Sensorimotor learning stage lasts from...
(A)	0-2 years of age.
(B)	2-7 years of age.
(C)	7-12 years of age.
(D)	12 and above.

32.	Healthcare professionals need to be...
(A)	book smart.
(B)	street smart.
(C)	verbal smart.
(D)	physically smart.

33.	One of the following is <b>NOT</b> vital sign?
(A)	Temperature.
(B)	Heart rate.
(C)	Blood pressure.
(D)	Senses.

34.	Basic health assessments are carried out by...
(A)	a health professional.
(B)	a teacher.
(C)	parents.
(D)	friends.

35.	Methods of assessment include which of the following?
(A)	Discussing the health problem and observing the patient
(B)	Health screening
(C)	Medical and fitness assessments
(D)	All of the above



## Multiple Choice

36.	The vital signs that are measured in a health assessment include...
(A)	body temperature.
(B)	heart rate.
(C)	blood pressure.
(D)	All of the above.

37.	Which of the following include details about any past illnesses or allergies?
(A)	Disease risk factor.
(B)	Observation.
(C)	Medical history.
(D)	General assessment.

38.	How can body temperature be taken?
(A)	Under the armpit.
(B)	Through the nose.
(C)	Under the tongue.
(D)	Both A and C

39.	Which of the following is <b>NOT</b> a type of diabetes?
(A)	Type 1.
(B)	Non-insulin dependent.
(C)	Gestational diabetes.
(D)	Type 3.

40.	Which cells in the pancreas are responsible for making insulin?
(A)	$\beta$ -cells
(B)	t-cells
(C)	$\alpha$ -cells
(D)	c-cells

## Multiple Choice

41.	Which of the following is <b>NOT</b> associated with Type 2 diabetes?
(A)	Genetics.
(B)	Being overweight.
(C)	Eating healthy food.
(D)	Not doing enough physical activity.

42.	Which of the following is <b>NOT</b> a sign of diabetes?
(A)	Polydipsia.
(B)	Polyphagia.
(C)	Loss of weight.
(D)	Coughing blood.

43.	When does gestational diabetes usually develop?
(A)	Childhood.
(B)	Adulthood.
(C)	Infancy.
(D)	Pregnancy.

44.	Symptoms of hyperglycaemia include...
(A)	Dry mouth.
(B)	Fatigue.
(C)	Polyuria.
(D)	All of the above.

45.	Which of the following is <b>NOT</b> a test for diabetes?
(A)	HbA1c test.
(B)	Urine test.
(C)	Oral glucose test.
(D)	Stress test.

## Multiple Choice

46.	DKA can occur when a diabetic uses _____ for energy.
(A)	fat
(B)	carbohydrates
(C)	sugar
(D)	muscles

47.	When doing the HbA1c test, the upper limit for a non-diabetic patient is...
(A)	6.1%
(B)	10%
(C)	5.4%
(D)	3%

48.	Type 2 diabetes is usually diagnosed at what age?
(A)	Children.
(B)	20 years old.
(C)	40 years old and above.
(D)	15 years old and less.

49.	What does the term "environment" mean?
(A)	The surroundings and conditions where a person, plant or animal lives.
(B)	When a harmful substance is introduced into the environment.
(C)	Any water including the sea, lakes, rivers, oceans and groundwater.
(D)	When the land or soil on the earth's surface becomes contaminated with toxins.

50.	_____ is/ are a set of organisms (living things) within their physical environment.
(A)	Land pollution
(B)	Air pollution
(C)	Ecosystems
(D)	Environment

## Multiple Choice

51.	Pollution occurs when a harmful _____ is introduced into the environment.
(A)	person
(B)	substance
(C)	animal
(D)	idea

52.	Which of the following is a source of air pollution?
(A)	Rubbish in the sea.
(B)	Contaminated soil.
(C)	Sewage.
(D)	Fumes from cars.

53.	When you breathe in air pollution, it can cause _____ problems.
(A)	respiratory
(B)	leg muscle
(C)	arm muscle
(D)	movement

54.	Water pollution can happen in...
(A)	the sea.
(B)	groundwater.
(C)	lakes.
(D)	All of the above

55.	We can reduce air pollution by using public transport instead of _____.
(A)	walking.
(B)	driving.
(C)	running.
(D)	skipping.

**Multiple Choice**

56.	Which one of these statements best describe the meaning of sustainability?
(A)	Ways to make sure we save as much energy as possible.
(B)	Ways to make sure the earth's resources are destroyed.
(C)	Ways to make sure the earth's resources are maintained and not destroyed.
(D)	Ways to make sure we use as much resources as possible.

57.	By turning off the lights when they are not in use, you are _____ energy.
(A)	using
(B)	wasting
(C)	saving
(D)	making

58.	Air pollution can cause damage to which body system?
(A)	Nervous.
(B)	Immune.
(C)	Digestive.
(D)	Muscular.

59.	Using renewable energy is a form of what?
(A)	Wasting resources.
(B)	Sustainability.
(C)	Using energy.
(D)	Damage to the environment.

60.	Which is <b>NOT</b> a way of reducing environmental pollution?
(A)	Managing air conditioning.
(B)	Using public transport.
(C)	Recycling paper and plastic.
(D)	Cleaning the dishes.

## Activity-based Questions

### Part 2:

61.	Provide a word for the sentence below: When there is too much sugar in the blood.	/1
<hr/>		

62.	Provide a word for the sentence below: The act of breathing.	/1
<hr/>		

63.	Provide a word for the following sentence: What is correct term for high blood pressure?	/1
<hr/>		

64.	Provide a word for the following sentence. An increased heart-rate.	/1
<hr/>		

65.	Provide a word for the following sentence. The pulse rate in the foot.	/1
<hr/>		

66.	Provide a word for the following sentence. The heart rate measure in one minute.	/1
<hr/>		

## Activity-based Questions

67.	Provide a word for the following sentence. When body temperature is dangerously low (below 35 degrees Celsius).	/1
<hr/>		

68.	Provide a word for the following sentence. An instrument used to measure body temperature.	/1
<hr/>		

69.	Provide a word for the following sentence. When the body temperature is above 38 degrees Celsius.	/1
<hr/>		

70.	Provide a word for the following sentence. The body's ability to maintain a stable internal environment.	/1
<hr/>		

71.	Provide a word for the following sentence. Maintaining natural resources.	/1
<hr/>		

72.	Provide a word for the following sentence. Air pollution that occurs outside.	/1
<hr/>		

73.	Provide a word for the following sentence. When a wide area of trees is cut down.	/1
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Activity-based Questions

74.	Provide a word for the following sentence. Changing waste products into new products.	/1
<hr/>		

75.	Provide a word for the following sentence. When blood vessels close to the surface of the skin constrict.	/1
<hr/>		

76.	Which of the following can cause hyperglycaemia? <b>Choose four</b> of the answers below.	/4
(A)	Eating too much.	
(B)	Taking too much insulin.	
(C)	Not doing any physical activity.	
(D)	Sleeping.	
(E)	Forgetting to use insulin.	
(F)	Feeling stressed.	

77.	Which of the following can cause land pollution? <b>Choose four</b> of the answers below.	/4
(A)	Rubbish.	
(B)	Bacteria.	
(C)	Acid rain.	
(D)	Deforestation.	
(E)	Planting new trees.	
(F)	Industry.	



## Activity-based Questions

78.	Which of the following four options can cause air pollution?	/4
(A)	Fumes from cars.	
(B)	Rubbish.	
(C)	Smoke from forest fires.	
(D)	Manufacturing factories.	
(E)	Burning fossil fuels.	
(F)	Deforestation.	

79.	What are the correct steps in measuring the rate of respiration? <b>Choose three</b> of the answers below.	/3
(A)	Measuring respiration manually will often be done while doing another test.	
(B)	The patient should be running during the measurement of respiration.	
(C)	A respirometer can be used to measure respiration.	
(D)	You should count the number of breaths a patient takes in one minute.	

80.	Fill in the blanks using the words in the boxes below:	/3
<p>When people breathe in air, they _____ through their nose or mouth. The air moves through the windpipe or _____ and into the lungs. When people breathe out, they exhale _____ and diaphragm moves up and helps push the air back out.</p>		
carbon dioxide		inhale
		trachea

## Activity-based Questions

81.	Arrange the following steps for measuring blood pressure in the correct order:	/6
(A)	Record the results and remove the cuff from the patient's arm.	
(B)	Turn the blood pressure monitor on and follow any instructions provided. The cuff will inflate.	
(C)	Make sure the patient has been resting for at least five minutes before the test.	
(D)	Place the cuff on the arm.	
(E)	Ask the patient to sit with both feet flat on the floor.	
(F)	Once the monitor has inflated enough, it will start to deflate by itself.	
	1 <sup>st</sup> _____ 2 <sup>nd</sup> _____ 3 <sup>rd</sup> _____ 4 <sup>th</sup> _____ 5 <sup>th</sup> _____ 6 <sup>th</sup> _____	

82.	Circle the letters that apply. You can check the pulse rate on...	/4
(A)	The side of the neck	
(B)	The top of the foot	
(C)	The stomach	
(D)	The forehead	
(E)	The inside of the elbow	
(F)	The side of the wrist	

83.	Circle the letters that apply. To measure heart rate accurately, you must...	/3
(A)	Make sure the patient hasn't been doing physical activity	
(B)	Ask the patient to stand up	
(C)	Ask the patient to sit down	

(D)	Prepare a stopwatch or timer
(E)	Place your thumb at the side of the wrist

## Activity-based Questions

84.	Fill in the blanks using the words in the boxes below:	/6						
<p>Air pollution is the _____ of the air in an _____ or outdoor _____. There are a lot of different things that can cause _____. You can see some pollution, which is called _____ pollution. Some pollution is not visible and called _____ pollution.</p>								
<table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 33%;">contamination</td> <td style="width: 33%;">invisible</td> <td style="width: 33%;">indoor</td> </tr> <tr> <td>environment</td> <td>visible</td> <td>air pollution</td> </tr> </table>			contamination	invisible	indoor	environment	visible	air pollution
contamination	invisible	indoor						
environment	visible	air pollution						

85.	Fill in the blanks using the words in the boxes below:	/6						
<p>You use a lot of water every day. If the _____ you use becomes _____, you can become very _____ from it. You can get _____ problems. If these germs are not treated, it can then cause damage to your _____ and _____ infections from polluted water.</p>								
<table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 33%;">nervous system</td> <td style="width: 33%;">skin</td> <td style="width: 33%;">water</td> </tr> <tr> <td>bacterial and viral</td> <td>sick</td> <td>polluted</td> </tr> </table>			nervous system	skin	water	bacterial and viral	sick	polluted
nervous system	skin	water						
bacterial and viral	sick	polluted						

86.	Fill in the blanks using the words in the boxes below:	/4						
<p>_____ occurs when the land or soil on the earth's surface becomes contaminated with toxins. All the soil on earth has some natural chemicals in it. When these _____ become dangerous or toxic, it is then considered to be _____. There are two main causes of land pollution. land pollution can occur _____ and from people.</p>								
<table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 33%;">chemicals</td> <td style="width: 33%;">polluted</td> <td style="width: 33%;">land pollution</td> </tr> <tr> <td>naturally</td> <td></td> <td></td> </tr> </table>			chemicals	polluted	land pollution	naturally		
chemicals	polluted	land pollution						
naturally								

87.	Match the terms in the first column to the description in the second column.	/ 4
	(A) Inhale	Slow breathing
	(B) Exhale	To breathe in
	(C) Tachypnoea	Fast breathing
	(D) Bradypnea	To breathe out

### Activity-based Questions

88. Match the image with the appropriate heart rate interpretation.

Tachycardia



Bradycardia



Normal heart rate



89.	Match the columns:	/3						
	<table border="1"> <tr> <td>Sensory memory</td> <td>allows a small amount of information to be held for a short duration</td> </tr> <tr> <td>Short-term memory</td> <td>Usually lasts for longer period.</td> </tr> <tr> <td>Long-term memory</td> <td>usually only lasts a few seconds</td> </tr> </table>	Sensory memory	allows a small amount of information to be held for a short duration	Short-term memory	Usually lasts for longer period.	Long-term memory	usually only lasts a few seconds	
Sensory memory	allows a small amount of information to be held for a short duration							
Short-term memory	Usually lasts for longer period.							
Long-term memory	usually only lasts a few seconds							

90.	Label the diagram using the terms below:	/ 2
	Vasodilation	Vasoconstriction

