الملف حل الوحدة الخامسة prevention Disease

روابط مواقع 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

1	علوم صحية مشروع علوم صحية 1
2	علوم صحية مشروع علوم صحية 2
3	علوم صحية diseases communicable
4	علوم صحية حلول الكتاب علوم صحية
5	شرح الوحدة الثامنة -8-Unit: change Behaviour

5.1 The causes of disease and illness

Discussion: What causes disease or illness?

Have a class discussion about the things that might cause disease or illness. Try to answer the questions below.

What is a disease? Think of some examples.

A disease or an illness is a medical condition that stops a persons body from working properly.

Examples: genetics, environmental factors, or a persons lifestyle can all be reasons why they might develop a disease or illness.

What could cause someone to develop a disease or an illness?

To prevent them can help a person to stay healthy.

Do you think any of these things be prevented? How?

- living a healthy lifestyle.
- practicing good personal hygiene.
- having regular medical check- ups.

Activity 1: What is a disease or illness?

Use the options below to answer the questions about disease and illness.

lifestyle	stops a person's body from working properly
disease prevention	genetics

1. What does a disease or illness do?
   stops a persons body from working properly.
2. What are two reasons why a person might develop a disease or illness?
   lifestyle
   genetics
3. What is preventing or lowering the chance of getting a disease called?
   disease prevention.

Activity 2: Disease prevention

List three ways that people can lower their risk of disease.

1. - living a healthy lifestyle.
2. - practicing good personal hygiene.
3. - having regular medical check- ups.

5.1 The causes of disease and illness

Activity 3: Communicable and non-communicable disease

Match the type of disease to the description.

Can be passed from one person to another	Non-communicable disease
Cannot be passed from one person to another	Communicable disease

Activity 4: Types of non-communicable disease

Work on pairs. Using your textbook, name four types of non-communicable disease. Then try to think two more examples that are not in the book.

Examples from the textbook:

1. cardiovascular disease
2. cancer
3. respiratory disease
4. diabetes

Your own examples:

Activity 3

Communicable diseases

Coronavirus is an example of a communicable disease. It can be easily passed or spread between people.
Using the textbook, and any other information that you may have about the disease, create an information poster about the virus.
Include advice on what the signs and symptoms of the disease are, and some ways to avoid getting it.

Coronavirus

Coronavirus is an infection communicable disease. It is spread through contact with people who are sick. It cause a fever, dry cough, and sore throat.

5.2 Modifiable and non-modifiable risk factors

STARTER **Word search**

Complete the word search to find some keywords from this lesson.

J	V	X	N	Y	N	O	L	S	Y	I	K	L	E	W
I	I	D	I	G	T	Q	C	E	S	Y	M	F	L	Z
E	L	B	A	I	F	I	D	O	M	D	A	F	Y	J
A	M	U	E	M	T	R	C	T	W	A	S	E	T	I
R	W	L	N	E	L	X	P	I	G	P	M	D	S	J
C	H	A	N	G	E	S	O	U	N	Q	X	A	E	O
E	U	E	Y	I	P	Q	H	T	R	H	C	W	F	S
M	G	F	Y	O	Y	X	Z	G	Q	I	T	Z	I	R
P	N	S	H	R	X	T	W	Y	D	G	S	E	L	D
I	Z	F	Z	T	A	G	S	D	I	J	L	K	B	N
D	M	I	V	B	H	I	R	H	P	V	H	K	O	Z
R	S	O	S	W	L	U	Z	H	N	O	V	P	L	M
D	M	J	D	E	Z	P	T	U	V	B	M	L	I	I
Q	E	C	V	F	Q	J	A	T	Z	O	D	O	H	T
F	T	X	U	Y	B	I	L	J	R	A	X	I	C	E

RISK	ETHNICITY	LIFESTYLE
CHANGES	MODIFIABLE	GENETICS

Activity 6: Types of risk factors

Fill in the type of risk factor based on the description.

Risk factors that you can change:	Modifiable
Risk factors that you cannot change:	Non- modifiable.

Activity 7: Modifiable risk factors

Read the two case studies and then think of one lifestyle change you would advise each person to make.

Case study 1
Fatima has a sedentary lifestyle. She does not do any exercise. When Fatima visited her doctor, the doctor said she was at risk of heart disease.
A lifestyle change that you would advise Fatima to make:
sedentary lifestyle (lack of exercise).

Case study 2
Sayed likes to eat fast food every day. He has put on a lot of weight. When Sayed visited his doctor, the doctor said that he is obese and is at risk of developing diabetes.
A lifestyle change that you would advise Sayed to make:
Being overweight or obese.

5.2 Modifiable and non-modifiable risk factors

Activity 8: Non-modifiable risk factors

Match the non-modifiable 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.

Notes:

Activity 1 Modifiable or non-modifiable?

Look at the list of risk factors. Decide if they are modifiable or non-modifiable. 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		✓

5.3 Personal health behaviours for disease prevention

STARTER Personal health behaviours

Personal health behaviours are lifestyle habits that can affect a person's health. They can be positive or negative.

Work in groups. In the boxes below, try to think of some positive or negative health behaviours. An example of each has been done for you.

Compare your groups' answers with the rest of your class.

Positive health behaviour	Negative health behaviour
Being physically active - having a healthy diet and drinking enough water. - getting enough sleep. - having good personal hygiene. - getting regular medical check ups.	*Not getting enough sleep*

Notes:

Healthy diet

From the choices below, select the foods that should only be eaten in moderation as eating too much of them could cause harm.

pizza	yoghurt ✓	cheeseburger
✓ wholegrain rice	fresh fruit juices ✓	fries
milk ✓	biscuits	grilled chicken
fizzy drinks	salmon	✓ water

Healthy diet for disease prevention

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.

- cardiovascular disease.
-diabetes.

Which mineral helps in maintaining healthy bones?

calcium

Name two foods that are a good source of this mineral.

- milk
-yoghurt

What can happen if you have too much cholesterol in the body?

- can block the blood vessels and increase the risk of disease of the blood vessels and heart.

5.3 Personal health behaviours for disease prevention

A healthy diet and mental health

A healthy diet not only keeps the body healthy, but it has been shown to benefit mental health too.
From the list below, choose the ways that having a healthy diet might improve mental health. Put a tick in the space provided.

Having a healthy diet could:	
Raise your anxiety levels.	
Improve your mood.	✓
Make you feel sad.	
Lower your stress levels.	✓
Make you feel tired.	
Lower the risk of depression.	
Help you think more clearly.	✓

Notes:

Discussion: How much sleep do you get?

In small groups, discuss how much sleep you get a night. Answer the questions below.

In your group, who gets the most sleep each night and how much do they get?

.....

In your group, who gets the least sleep each night and how much do they get?

.....

Now share your answers with the class.

Who in the class gets the most sleep each night and how much?

.....

Who gets the least sleep each night and how much?

.....

How much sleep should you get each night?

.....

Activity 13: Not getting enough sleep

Write three diseases that could happen if someone does not have enough sleep over a long period of time.

1. aim to get between 7-9 hours of sleep a night.
2. try to go to bed at the same time every night.
3. not eat a large meal or drink caffeine before bed.

5.3 Personal health behaviours for disease prevention

Activity 14: The importance of personal hygiene

In the boxes below, write three things that personal hygiene is important for.

1. killing bad bacteria (germs).
2. keeping the body clean and healthy.
3. stopping the spread of illness and infection.

Activity 15: Fill in the blanks

Fill in the blanks about personal hygiene using the words below.

spreading	shower	bacteria
smell	hands	morning

When you wake up in the morning, you should brush your teeth, take a shower, wash your body, and put on clean clothes.

If you don't practise good personal hygiene, then dirt and bacteria could build up on your body and cause it to smell bad, or the skin to become infected and sore.

Keeping your body and hands clean also helps to stop bacteria and viruses from spreading.

When to wash your hands

Washing your hands is important. It kills bacteria and stops viruses from spreading. Working in groups, and without using your textbooks, think of times when you should wash your hands. An example has been done for you.
See which group can think of the most!
You should wash your hands:

before eating

- before during and after preparing food.
- after using the bathroom.
- after blorring your nose, coughing , or sneezing.
- after touching someone who is sick.
- before and after giving first aid.
- after touching any animals.

Notes:

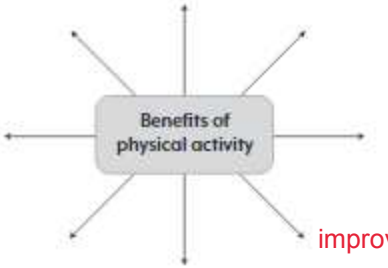
5.4 Physical activity and disease prevention

Discussion: Why do physical activity?

As a class, discuss why physical activity is important and some of the benefits of doing it. Try to think of at least eight reasons.

helping to control body weight

redcing the risk of cerlain disease.



improving bone and muscular strength.

improving lung function.

Discuss what types of physical activity you and your classmates do. Write them below.

The benefits of physical activity for physical health

From the list below, choose the benefits of physical activity for physical health.

Improved lung function.	✓
Can control body weight.	
More risk of developing diseases.	
Improved muscular strength.	✓
Makes people gain weight.	
Reduced risk of certain diseases.	✓
Improved bone strength.	✓

Mental and emotional health or social health?

Below is a list of benefits of doing physical activity. Decide if they are related to mental and emotional health or social health. Draw an a line from the description to the correct circle.

increased confidence | make new friends | improve your mood | improved energy levels

raised brain function | increased motivation to exercise | learn leadership skills | improved wellbeing

Mental and emotional health

Social health

5.4 Physical activity and disease prevention

Recommendations for exercise

Choose the correct answers about the recommended amount and type of exercise.

Children and teenagers aged 5-17 years old

Should do moderate to high-intensity activity each day for at least:	✓ 60 minutes
	15 minutes
Should do activities that strengthen muscles and bones at least:	✓ 3 times a week
	Once a week

Adults aged 18-64 years old

Should do moderate-intensity activity each week for at least:	60 minutes
	✓ 150 minutes
Should do activities such as running for at least how long at a time:	✓ 10 minutes
	3 minutes
Activities such as weight training should be done at least:	Once a week
	✓ 2 times a week

Notes:

Exercise intensity

Choose whether the statements below are describing a moderate-intensity activity or high-intensity activity.
When doing this type of activity, you will be sweating a lot. It will be difficult to talk.

Moderate or high-intensity activity?
high intensity activity

When doing this type of activity, you will be working at about 70-80% of your Maximum Heart Rate.

Moderate or high-intensity activity?
moderate intensity activity

When doing this type of activity, you will be working at about 80-85% of your maximum heart rate (MHR).

Moderate or high-intensity activity?
high intensity activity

Examples of moderate/high-intensity activity

Decide if you think these activities are moderate or high-intensity by putting an M or H in the spaces provided.

	M or H?
Cycling over 16km per hour	H
Gardening	M
Walking at about 5km per hour	M
Running	H
Doing housework	M

5.5 Medical care for disease prevention

STARTER Unscramble the words

Using the clues, unscramble the words to learn some of the keywords about medical care for disease prevention.

This word means to test people to see if they have the early signs of a disease or illness:
eeingnrcs Screening

This is something that is injected into a person to protect them from a disease:
ecacvin vaccine

This is when people are made immune or resistant to an infectious disease:
noitasinuimm immunisation

This word means to identify a disease or illness in someone:
nosedgai diagnose

Discussion: Immunisation and screening

In groups, discuss any diseases that you can think of that aim to be prevented by immunisation or screening. List them below and compare your answers with the class.

- immunisation involve giving people a vaccine which makes them immune or resistant to certain diseases.

- Screening are medical tests that doctors use to check for diseases and health condition in people before there are any signs and symptoms.

Activity 29 Fill in the blanks

Using the words below, fill in the blanks about how vaccines work.

immune	antibodies	injecting	virus

Vaccinations work by injecting a very small amount of the virus or bacteria that causes a certain disease into the body. It is a small enough amount so that it does not make you ill.
This makes the body's immune system create antibodies to fight off the injected disease. Then, if the disease enters your body again in the future, your immune system knows what it is and already has the antibodies to fight it. This is called immunity.

Activity 30 True or false?

Look at the statements about vaccinations. Decide if they are true or false by writing true or false in the spaces provided.

	True / False
Vaccinations do not help to control infectious disease outbreaks.	F
Vaccinations help the body to build protection against diseases.	F
Vaccinations save around 2.5 million lives every year.	T
Vaccines do not work with the body's natural defences.	F
Vaccines can prevent more than 20 life-threatening diseases.	T
Vaccinations reduce the risk of getting a disease.	T

5.5 Medical care for disease prevention

Activity 31 Having a vaccination

Answer the questions about vaccinations below. Then discuss your answers with the rest of the class.

Can you remember having any vaccinations?
yes

How old were you?
22 years old

Can you remember what the vaccinations were for?
influ

Notes:

UAE National Immunisation Programme

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

Vaccination	Age
Polio (OPV/IPV)	2,4,6,18 months Grade 1,11
Hepatitis B (Heb B)	After birth, 2,4,6 months
Varicella (chickenpox)	12 months ,grade 1
Measles, mumps, rubella (MMR)	12 months ,grade 1
Tuberculosis (BCG)	After birth
Influenza (Hib)	2,4,6 months

5.5 Medical care for disease prevention

Screening tests at different ages

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

20s and 30s - blood pressure. - cholestrol and glucose levels.

40s - cardiovascular disease risk assessment.
- Eye check for glaucoma.

50s and 60s - osteoporosis risk assessment.
- borroel caucer screening.

General screening

Fill in the missing parts of the table about screening tests for adults.

For	To screen for	Type of test	Screening frequency
People over 18 years old	obesity	Body mass index (BMI) and waist circumference	once a year
People over 18 years old	Hypertension (high blood pressure)	blood pressure measurement	Every 2 years (more if high risk)
people over 30 years old	Diabetes High cholesterol	Fasting blood glucose/ lipids test	Every 3 years (more if high risk)
People over 50 years old	bowel cancer	Test to find blood in stools OR colonoscopy	once a year
women 25-65 years old	Cervical cancer	Pap smear test	every 3 years
Women 50-71 years old	Breast cancer	mammogram	Every 2 years
men over 45 years ols	Prostate cancer	Blood test or physical examination	every 2-3 years

Screening results

Choose an answer from the boxes below to answer the questions about screening results.

diagnostic tests	low risk	they might have
high risk	they do not have	writing test

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?

   low risk

2. 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?

   they might have

3. What further tests does a person need if they have a positive screening result?

   diagnostics tests.

Screening or diagnostic tests?

Match the description to the type of test.

Description	Type of test
Carried out when a person has signs or symptoms of a disease or has had a positive screening test	Diagnostic tests
Carried out on people who do not have any signs or symptoms of a disease	Screening