

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



حل بعض صفحات كتاب الطالب, ملف أول

موقع المناهج ← المناهج الإماراتية ← الصف الثاني عشر ← علوم صحية ← الفصل الثالث ← الملف

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التواصل الاجتماعي بحسب الصف الثاني عشر



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

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كل ما يحتاجه الطالب في جميع الصفوف من أوراق عمل واختبارات ومذكرات، يجده هنا في الروابط التالية لأفضل مواقع تعليمي إماراتي 100 %

<u>تطبيق المناهج الإماراتية</u>	<u>الاجتماعيات</u>	<u>الرياضيات</u>
<u>الصفحة الرسمية على التلغرام</u>	<u>الاسلامية</u>	<u>العلوم</u>
<u>الصفحة الرسمية على الفيسبوك</u>	<u>الانجليزية</u>	
<u>التربية الاخلاقية لجميع الصفوف</u>	<u>اللغة العربية</u>	
<u>التربية الرياضية</u>		
مجموعات التلغرام.	مجموعات الفيسبوك	قنوات تلغرام
<u>الصف الأول</u>	<u>الصف الأول</u>	<u>الصف الأول</u>
<u>الصف الثاني</u>	<u>الصف الثاني</u>	<u>الصف الثاني</u>
<u>الصف الثالث</u>	<u>الصف الثالث</u>	<u>الصف الثالث</u>
<u>الصف الرابع</u>	<u>الصف الرابع</u>	<u>الصف الرابع</u>
<u>الصف الخامس</u>	<u>الصف الخامس</u>	<u>الصف الخامس</u>
<u>الصف السادس</u>	<u>الصف السادس</u>	<u>الصف السادس</u>
<u>الصف السابع</u>	<u>الصف السابع</u>	<u>الصف السابع</u>
<u>الصف الثامن</u>	<u>الصف الثامن</u>	<u>الصف الثامن</u>
<u>الصف التاسع عام</u>	<u>الصف التاسع عام</u>	<u>الصف التاسع عام</u>
<u>الصف التاسع متقدم</u>	<u>الصف التاسع متقدم</u>	<u>الصف التاسع متقدم</u>
<u>الصف العاشر عام</u>	<u>الصف العاشر عام</u>	<u>الصف العاشر عام</u>
<u>الصف العاشر متقدم</u>	<u>الصف العاشر متقدم</u>	<u>الصف العاشر متقدم</u>
<u>الحادي عشر عام</u>	<u>الحادي عشر عام</u>	<u>الحادي عشر عام</u>
<u>الحادي عشر متقدم</u>	<u>الحادي عشر متقدم</u>	<u>الحادي عشر متقدم</u>
<u>ثاني عشر عام</u>	<u>الثاني عشر عام</u>	<u>الثاني عشر عام</u>
<u>ثاني عشر متقدم</u>	<u>الثاني عشر متقدم</u>	<u>الثاني عشر متقدم</u>

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End of unit quiz

1. Define a mass casualty incident (MCI).

are any accident where there are
more casualties than medical resources

2. What are the four main triage categories?

Explain each category and its colour.

red → is the most serious condition that requires
immediate treatment

black → is for casualties who have already died
or soon will be

yellow → is for people who have no life
threatening

green → for people who can ~~show~~ move
by the m selves.

3. List some common hazards that you may find at the scene of an incident.

street light / Bridges

power lines

Trees / Lamps

11.3 After a disaster



Discussion: Stopping your vehicle

Why is it not a good idea to stop your car under a bridge or flyover?

Because there are all things that
may be unstable after an earth quake so
they will collapse

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Activity 10

Match the action with the description

Look at the safety actions for driving during an earthquake. Match them with the correct description.

Stop as soon as you can

Stay in the vehicle

Avoid all structures

Do not stop next to buildings

Pull over as soon as it is safe

Your vehicle will protect you from falling objects

10.2 Diet for diabetes, heart disease, renal disease and bone disease

STARTER Word search

Complete the word search to learn the key words about energy balance.

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

WEIGHT	GAIN	METABOLIC	PHYSICAL	THERMAL
LOSS	BASAL	RATE	ACTIVITY	EFFECT



Activity 6

Healthy cooking methods



Look at the different cooking methods below and discuss what each one means. Then, decide if you think the cooking method is more healthy or unhealthy.

~~Boil~~

~~Roast~~

~~Shallow fry~~

~~Deep fry~~

~~Grill~~

~~Steam~~

~~Bake~~

~~Poach~~

~~Broil~~

More healthy cooking method

Grill

Roast

Steam

Broil

Boil

Poach

Bake

Less healthy cooking method

Deep fry

~~Shallow fry~~

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Notes:

10.3 Eating disorders



Activity 17

Impact on health

Eating disorders can take over someone's life and affect all parts of a person's health and well-being. We know what happens to someone's health when they have an eating disorder. In small groups, write about one thing that can affect someone's health indirectly. Also, write about how an eating disorder could affect other parts of their life.

Eating disorders can affect every organ system in the body, and people struggling with an eating disorder need to seek professional help. The earlier a person with an eating disorder seeks treatment, the greater the likelihood of physical and emotional recovery.

Share your answers with the rest of the class.

Complete the word search to learn the key words about therapeutic diets.

Therapeutic diets

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

THERAPEUTIC	MANAGEMENT	NUTRITION	NUTRIENTS
PATIENT	DIET	DISEASE	FOOD

11.5 Mass casualty management techniques

Mass casualty triage

Read the following scenarios. There are three casualties who have been in a mass casualty situation. You must decide how serious their injuries are. After that, give them a triage colour. You must also describe the instructions you would give to a volunteer.

Casualty one
You can see a deep cut on their arm. They have lost a lot of blood. The blood is spurting and is a bright red colour.



Circle the triage colour that you would give this casualty:

Immediate	Delayed	Minor	Deceased
-----------	---------	-------	----------

Why did you choose this triage colour?

because it's a dangerous blood loss and could cause a fall in blood pressure

The instructions to give:

Take him to the red zone → need immediate first aid kit



Create your own definitions

Write your own definitions for the following terms:

Basal Metabolic Rate (BMR)

The rate at which your body burns calories at rest.

Physical activity

Anything that increases your heart rate above a resting rate.

Thermal effect of food (TEF)

The energy that is used to eat and digest food.

t is an
ene

lowing



Discussion: What is it?

Discuss as a class. What do you think a mass casualty incident is? Can you think of any examples?

Any accident where there are
casualties that medical resources



Activity II

Circle the hazard



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Look at the words in the table. Circle the ones that could be classed as a possible hazard at a MCI.

traffic	open spaces	extreme weather
smoke	violent behaviour	access roads

11.4 What a mass casualty incident the potential hazards at the scene

Discussion: Why think of your safety first?

During an emergency, why should you always think of your safety first?

Because of staying safe on scene
having the ability to rescue others

Fill in the blanks

Read the paragraph below. Fill in the blank spaces with the correct words from the table below.

Moving casualties should be avoided in most situations. This is especially true if a casualty has any potential injuries to the head, neck, back or spine. Moving a casualty may cause further injuries. You should only move a casualty if you really need to.

~~spine~~

~~injuries~~

~~avoided~~

~~need~~

Activity 2.1.5

What type of steering mechanism would be most suitable for your SumoBot? Give two reasons for your choice.

The type of steering mechanism would be most suitable for my SumoBot is skid steering because Differential steering allows all-wheel drive to be easily incorporated and Differential steering does not contain as many moving parts such as a rack and pinion.

Activity 2.1.6

Which is the most suitable power source and motor system for your SumoBot? Give at least two reasons for your choice.

A battery bank combined with brushless DC motors is the most suitable system for a SumoBot.

- Brushless DC motors are a good option as they provide high power density.

Activity 2.1.7

List two vehicles that use the steering mechanisms below:

rack and pinion

① car.

② Dunne Buggy.

differential (skid) steering

① Tank.

② Track Bigger.



4. Which nutrients should someone with renal disease lower their intake of?

Avocados / Dairy
Canned food / Bananas
Processed meats
Oranges

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5. Name two eating disorders and give a brief description of each.

Eating disorder: Anorexia Nervosa

Anorexia nervosa is likely the most well-known eating disorder. It generally develops during

adolescence or young adulthood and tends

to affect more women than men. People with anorexia generally view themselves as overweight.

Eating disorder: Bulimia Nervosa

People with bulimia frequently eat unusually

large amounts of food in a relatively short

period.

10.3 Eating disorders

Explain in your own words the differences between anorexia and bulimia.

anorexia :- its the fear of gaining weight so
the try to keep their body weight as low as
possible

bulimia :- also fear of gaining weight but
they consume large amount of food in small
period of time

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10.2 Diet for diabetes, overweight, heart disease, renal disease and bone disease

Diet plan for osteoporosis

Plan a one-day food plan for a person who has osteoporosis. Consider what foods they should and should not have in their diet. Remember to include any drinks they might need throughout the day. Explain why you chose each food. Compare your food plan with the rest of the class.

Meal	Food and drinks	Explanation
breakfast	egg & milk super fruit	more calcium
Breakfast Lunch	few sugap	sugar (energy)
snacks	egg & milk	more calcium
dinner	protein (meats)	protein
snacks	egg & milk	more calcium

0.2 Diet for diabetes, overweight, heart disease, renal disease and bone disease

Activity 10

Foods to avoid for renal disease

Write down nutrients that should be avoided or reduced for a patient with renal disease. For each nutrient, give examples of foods that they are found in and why they should be reduced.

Nutrient: ~~Sodium / Potassium and Phosphates~~
~~Sodium Potassium and Phosphates~~

Foods that are a good source of this nutrient:

~~Avocados Processed meats~~
~~canned foods~~

How could this nutrient affect someone with renal disease?

~~uncontrolled diabetes and~~
~~high blood pressure~~

Nutrient: Potassium

Foods that are a good source of this nutrient:

Avocados
Brown rice

How could this nutrient affect someone with renal disease?

high blood pressure

End of unit quiz

1. Explain in your own words how a therapeutic diet can help with the management of diseases.

A well-balanced diet goes hand in hand with a healthy life style. The right diet can help fight conditions and illnesses.

2. Label the diagrams below to show which shows a positive energy balance and which shows a negative energy balance. What effect would this have on weight over time?



weight loss weight gain

- Negative energy balance Positive energy balance
3. List some of the foods that would be recommended for someone with heart disease.

food with small amount of salt

whole grains food

food without saturated and trans fat

ht,
e and

ient
that

Activity 11 Renal disease diet

Do some research on the dietary recommendations for a patient with kidney disease. Are there any other nutrients they should reduce their intake of? Can you find any information on foods and nutrients that might benefit a patient with renal disease? Write your findings in the following space. Discuss your findings with your class.

nuts / proteins / meats /

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Activity 12 Getting more calcium

Think of ways a patient with osteoporosis can increase their intake of calcium. In the following space, write the recommendations you would give them. Then, discuss your recommendations with the class.

eggs / milk

10.2 Diet for diabetes, overweight, heart disease, renal disease and bone disease

Diet plan for osteoporosis

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Meal	Food and drinks	Explanation
breakfast	egg & milk super fruit	more calcium
breakfast lunch	few sugary	sugar (energy)
lunch snacks	egg & milk	more calcium
dinner	protein (meats)	protein
snacks	egg & milk	more calcium



Activity 1B

Where can you get help?

In small groups, do your own research about eating disorders. Find out how they can be treated and what support there is in your local area for someone with an eating disorder.

<http://almanahj.com/ae/>

you can support him by go with him
to psychologist

الشكل 6: تشمل العمليات في الطب
جهداً عام للمرضى الحاضرين للعمليات
الجراحية، في العمليات



Activity 16

Binge eating

Binge eating is when someone regularly cannot control the amount of food that they eat. Think of some of the reasons that may contribute to someone feeling out of control with their eating.

anxiety / depression / sadness /
emotional shock

<http://almanahj.com/ae/>

In groups, discuss some of the things that may help someone get back control of their eating habits.

start exercising / eat healthy food
(without industrial sugar)