

حل كامل الوحدة الخامسة Prevention Disease من كتاب النشاط



تم تحميل هذا الملف من موقع المناهج الإماراتية

موقع المناهج ← المناهج الإماراتية ← الصف الثاني عشر ← علوم صحية ← الفصل الثاني ← ملفات متنوعة ← الملف

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المزيد من مادة
علوم صحية:

التواصل الاجتماعي بحسب الصف الثاني عشر



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

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

مراجعة جميع الوحدات اختبار من متعدد - أولاد	1
مراجعة جميع الوحدات اختبار من متعدد - بنات	2
أسئلة اختبارية نهاية الفصل المسار المتقدم	3
أسئلة اختبارية نهاية الفصل المسار العام	4
الهيكل الوزاري أولاد المسار العام	5

5.1 The causes of disease and illness



Discussion: What causes disease or illness?

Discuss as a class what you know about disease and illness. Think about what causes a 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 person's body from working properly.

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

Genetics & Family History

Environmental Factors

Personal Lifestyle

Respiratory Disease

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

Yes, by living a healthy lifestyle,

practicing good personal hygiene,

having regular medical check-ups,

keeping your distance from infected people

and lastly taking vaccination.



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 person's 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 things that people can do to prevent, or reduce their risk of disease.

1. Vaccinations
2. ~~to~~ Adjusting their lifestyle
3. Having good personal Hygiene

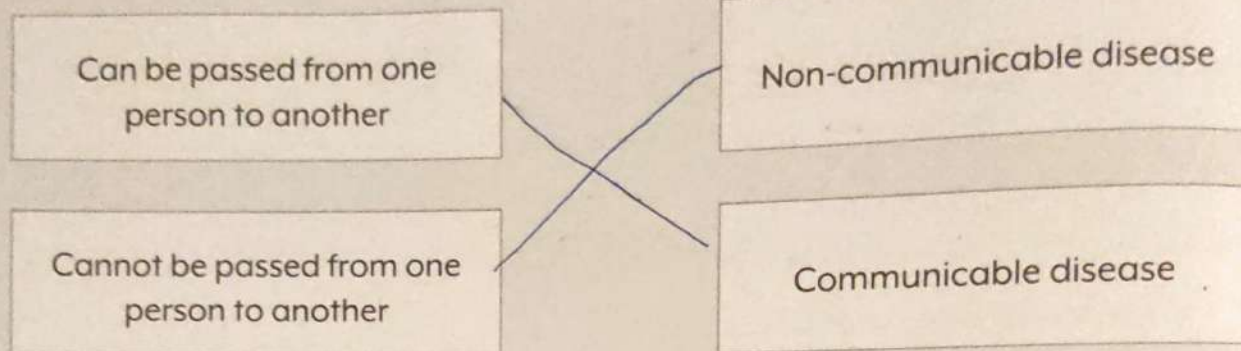
5.1 The causes of disease and illness



Activity 3

Communicable and non-communicable disease

Match the type of disease to the correct description.



Activity 4

Types of non-communicable disease

Work in 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. Respiratory Disease
3. Cancer
4. Diabetes

Your own examples:

Epilepsy

MS (multiple sclerosis)



Influenza (flu) is an example of a communicable disease. It can easily be spread from one person to another.

Create an information poster about flu using your textbook and other reliable sources of information.

Include advice on what the signs and symptoms are and how to prevent it.

Influenza

What You Need to know?

The Signs and Symptoms

Fever:- Sudden and high, often being 38°C

Cough:- Dry and persistent

Sore Throat:- Irritated and Painful

Muscle Ache:- General body pain

Fatigue:- tiredness and lack of energy

Headache:- Common and can be severe

Runny Nose:- Nasal congestion

How It Spreads:-

*Through droplets when an infected person coughs, sneezes or talks

*By touching contaminated surfaces and then touching your face

Prevention Tips:-

Getting Vaccinated - Practise Good Personal

Hygiene - Cover coughs and sneezes, Avoid infected people
Wear a mask - Maintain a healthy lifestyle

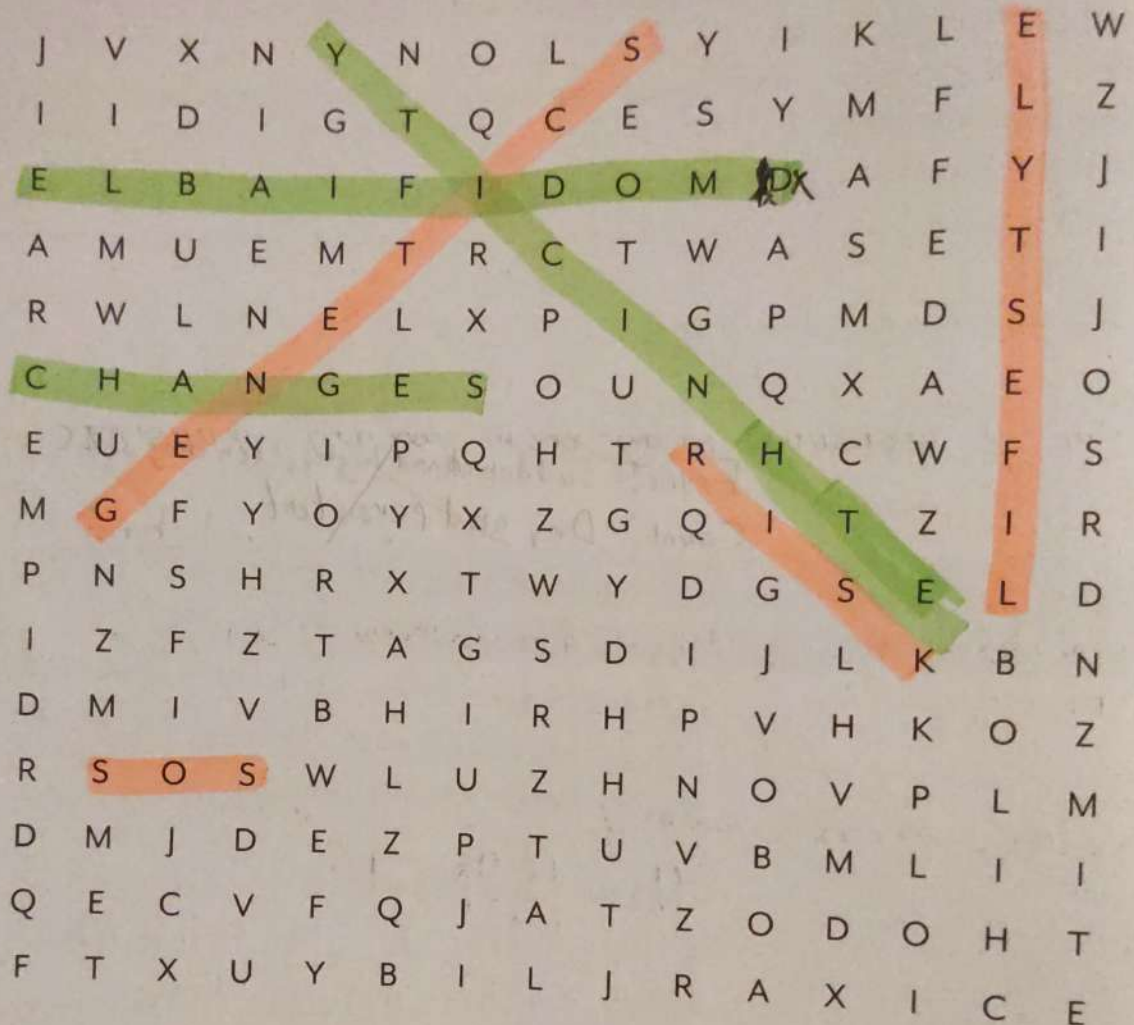
Stay Informed. Protect Yourself and others

5.2 Modifiable and non-modifiable risk factors

STARTER

Word search

Complete the word search to find some of the keywords for this lesson.



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:

Start regular physical activity routine such as walking or light exercise, to improve her cardiovascular health.

Case study 2

Sayed likes to eat fast food every day. He has gained 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:

Replace his fast food diet with a healthy balanced diet

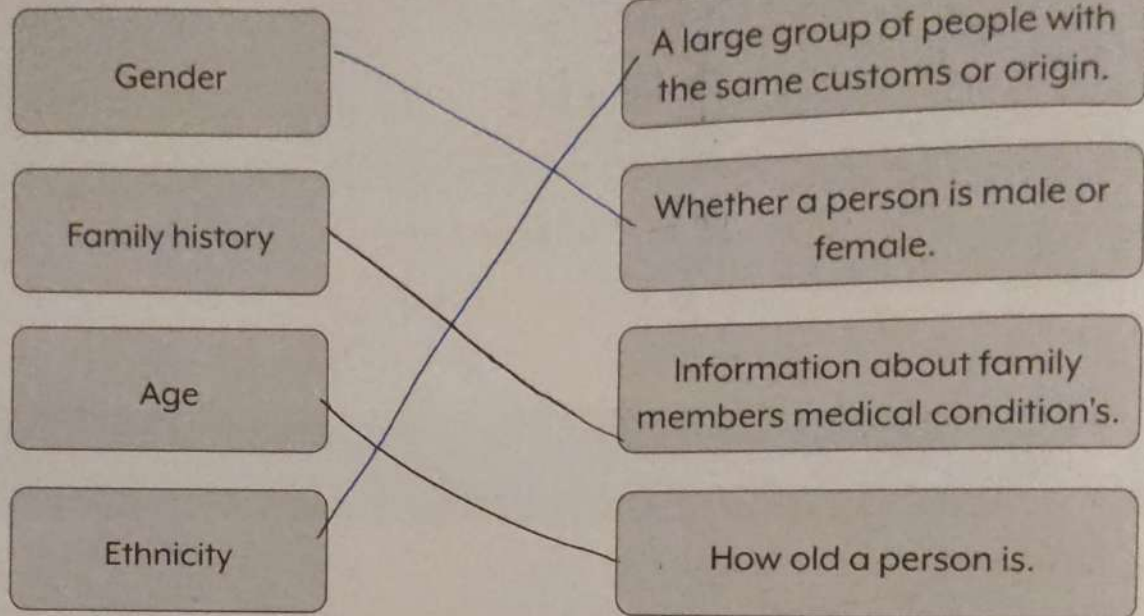
5.2 Modifiable and non-modifiable risk factors



Activity 8

Non-modifiable risk factors

Match the non-modifiable risk factor to the description.



Notes:

**Modifiable or non-modifiable?**

Look at the list of risk factors. Decide if they are modifiable (M) or non-modifiable (NM). 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, write 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

Being physically active
Eating a healthy balanced diet
Getting regular medical check-ups
staying hydrated
Practicing good personal hygiene
sleeping 7-9 hours a night
Managing stress effectively

Negative health behaviour

Not getting enough sleep
Smoking
Eating junk food frequently
Leading a sedentary lifestyle
Not washing hands regularly
Consuming excessive fizzy drinks
Not doing regular health check-ups

Notes:



Activity 10

Healthy diet

Circle the foods that you should eat in moderation (in small amounts, or not very often) as eating too much of them is not good for your health.

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



Activity 11

Healthy diet for disease prevention

Answer the questions below about how a healthy diet can reduce the risk of certain diseases.

1. Identify two diseases that you are more likely to get if you are overweight.

Cardiovascular diseases

Type 2 diabetes

2a. Which mineral helps in maintaining healthy bones?

Calcium

2b. Name two foods that are a good source of this mineral.

Milk

cheese

«Milk and dairy products»

3. What can happen if you have high cholesterol?

Possibility of Blood vessels blockage

Increased risk of heart diseases and strokes

5.3 Personal health behaviours for disease prevention



Activity 12

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 each night. Answer the questions below.

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

Rashid, He sleeps 10 hours

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

Ayoob, He sleeps 3-5 hours

3. How much sleep should you get each night?

~~6-8~~ 6-8 hours

Now share your answers with the class.

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

Mohammed, He sleeps 12 hours

2. Who gets the least sleep each night and how much?

Ayoob 3-5 hours



Activity 15

Not getting enough sleep

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

1. Type 2 diabetes

2. High blood pressure

3. Heart disease

5.3 Personal health behaviours for disease prevention



Activity 14

The importance of personal hygiene

In the boxes below, write three reasons why personal hygiene is important.

1. It prevents the spread of bacteria and viruses
2. It keeps your body clean and free from infections
3. It reduces the risk of communicable diseases



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

After using the bathroom

After blowing your nose, coughing or sneezing

Before and after preparing food

After touching animals

After touching someone who is sick

Notes:

5.4 Physical activity and disease prevention

STARTER Keywords revision

Match the keywords on the left to the keyword's antonym (words with the opposite meaning) from the antonym list on the right.

Keywords		Antonym
communicable		active
modifiable		non-communicable
sedentary		health
hygiene		dirt
disease		non-modifiable

Write one synonym (a word with the same meaning) to the two following keywords. First keyword is an example.

	Synonym
1. clean	wash
2. bacteria	Germ
3. exercise	Workout



Activity 17

The benefits of physical activity for physical health

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

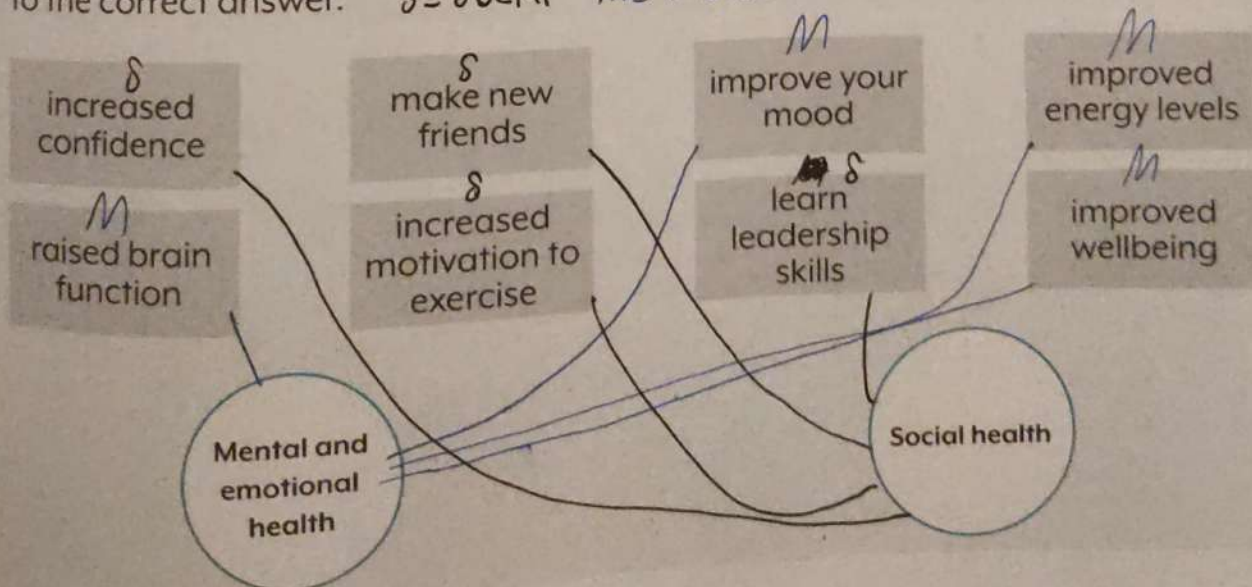
Improved lung function.	✓
Can control body weight.	✓
More risk of developing diseases.	
Improved muscular strength.	✓
Makes people gain weight.	
Reduced risk of certain diseases.	✓
Improved bone strength.	✓



Activity 18

Mental, emotional and 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 answer. $S = \text{Social}$ $M = \text{mental}$



5.4 Physical activity and disease prevention



Activity 19

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:



Activity 20

Exercise intensity

Choose whether the sentences below are describing a moderate-intensity activity or high-intensity activity.

1. 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

2. 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

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

Moderate or high-intensity activity?

High-intensity activity



Activity 21

Moderate or high-intensity?

Decide if you think these activities are moderate-intensity (M) or high-intensity (H).

	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.

1. To test people to see if they have the early signs of a disease or illness:

eeingnrsc Screenings

2. Something that is injected into a person to protect them from a disease:

ecacvin vaccine

3. When people are made immune or resistant to an infectious disease:

noitasinuimm immunisation

4. To identify a disease or illness in someone:

nosedgai ~~disease~~ diagnose



Discussion: Immunisation and screening

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

Smallpox

Polio (OP/IPV)

cc. By Vaccinations

Influenza (Hib)

Type 2 diabetes (Blood Glucose tests)

Breast Cancer (Mammography)

cc. By Screenings

Osteoporosis (Dexa)



Activity 22

Fill in the blanks



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

immune

antibodies

injecting

virus

Vaccinations work byinjecting..... a very small amount of thevirus..... 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'simmune..... 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 theantibodies..... to fight it. This is called immunity.



Activity 23

True or false?



Look at the sentences 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.	<u>False</u>
Vaccinations help the body to build protection against diseases.	<u>True</u>
Vaccinations save around 2.5 million lives every year.	<u>True</u>
Vaccines do not work with the body's natural defences.	<u>False</u>
Vaccines can prevent more than 20 life-threatening diseases.	<u>True</u>
Vaccinations reduce the risk of getting a disease.	<u>True</u>

5.5 Medical care for disease prevention



Activity 24

Having a vaccination

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

Can you remember having any vaccinations?

~~No~~ Yes

How old were you?

16 y.o.

Can you remember what the vaccinations were for?

Tdap Vaccine: Protects against Tetanus, Diphtheria and Pertussis (Whooping Cough)

Notes:



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)	IPV 2-4 year months OPV 6 months - 16 y.o. 6 months 18 months 6 y.o. 16 y.o.
Hepatitis B (Heb B)	From birth to ^{to} 6 months of age from birth 2 months 4 months 6 months
Varicella (chickenpox)	12 months toddlers 6 y.o children
Measles, mumps, rubella (MMR)	12 months toddlers 6 y.o children
Tuberculosis (BCG)	After birth
Influenza (Hib)	2 months 4 months 6 months 18 months

5.5 Medical care for disease prevention



Activity 25

Screening tests at different ages

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

20s and 30s BMI, waist and hip measurements
Dental check and cleaning
40s Cardiovascular disease risk assessment
Eye checks for glaucoma
50s and 60s Osteoporosis risk assessment
Bowel cancer screening



Activity 27

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 20 years old	Obesity	Body mass index (BMI) and waist circumference	Once a year
People over 20 years old	Hypertension (high blood pressure)	Blood pressure measurements	Every 2 years (more if high risk)
People over 20 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 50-69 years old	Breast cancer	Mammogram	Every 2 years
Men over 45 years old	Prostate cancer	Blood test or physical examination	Every 2-3 years



Activity 28

Screening results

Choose an answer from the options 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?

Diagnostic tests



Activity 29

Screening or diagnostic tests?

Match the description to the type of test.

This is done when a person has signs or symptoms of a disease or has had a positive screening test.

Diagnostic tests

This is done when people who do not have any signs or symptoms of a disease.

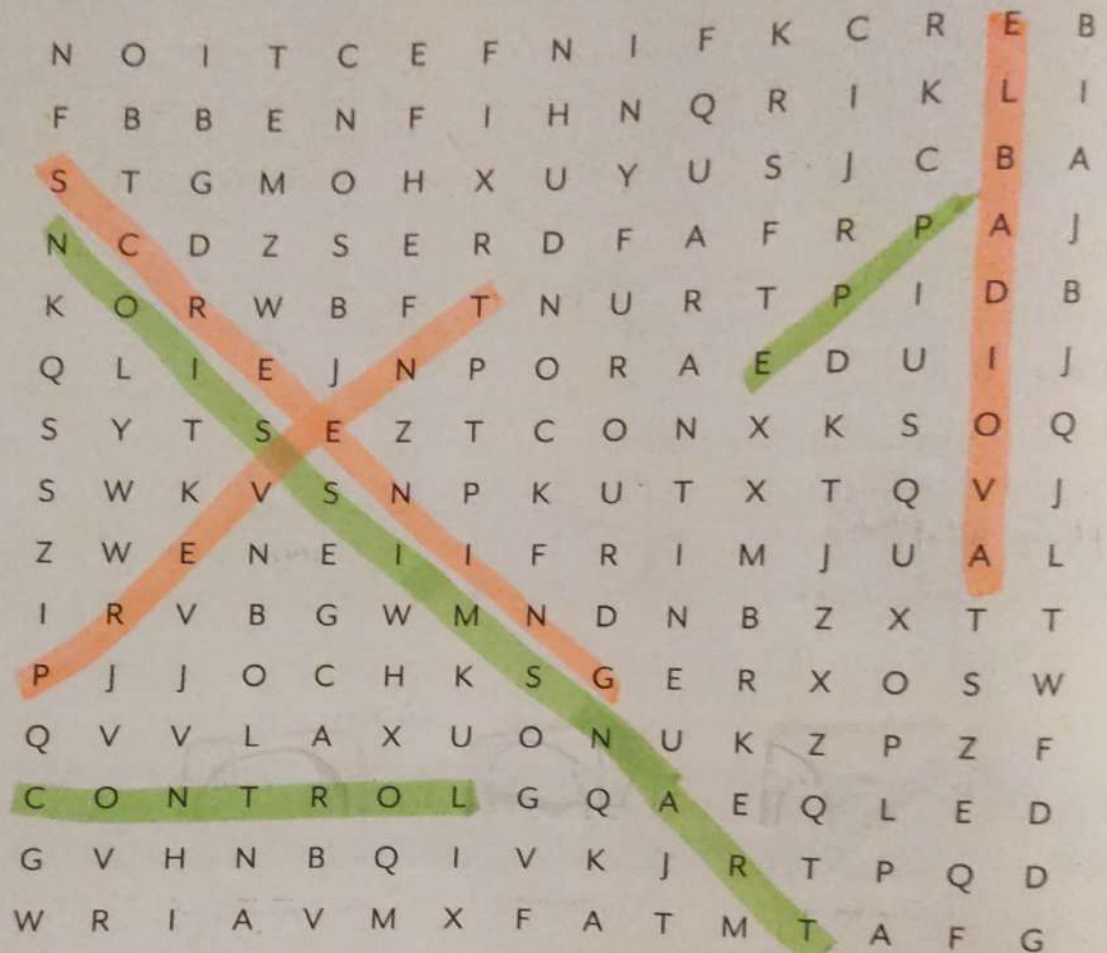
Screening

5.6 Infection control for disease prevention

STARTER

Wordsearch

Find the key words about infection control in the wordsearch below. Then discuss as a class what they mean.



AVOIDABLE	CONTROL	PPE
PREVENT	SCREENING	TRANSMISSION



Activity 30

Causes of healthcare infections

Circle the correct answers about the causes of healthcare infections.

What can cause healthcare infections?

non-communicable diseases.

bacteria, fungi, and viruses.

Healthcare infections are usually spread by:

eating high-fat foods.

person-to-person contact.

People are more at risk of healthcare infections if they are:

already sick.

fit and healthy.



Activity 31

Antibiotic resistance

Fill in the blanks to explain how antibiotic resistance can impact the spread of infections.

Antibiotics are a medication designed to kill bacteria and prevent infections from spreading. If over time antibiotics are overused, they are no longer as effective in killing bacteria. This is called antibiotic resistance. This could increase the chance of infections spreading from person to person.

increase	person	infections
resistance	bacteria	overused

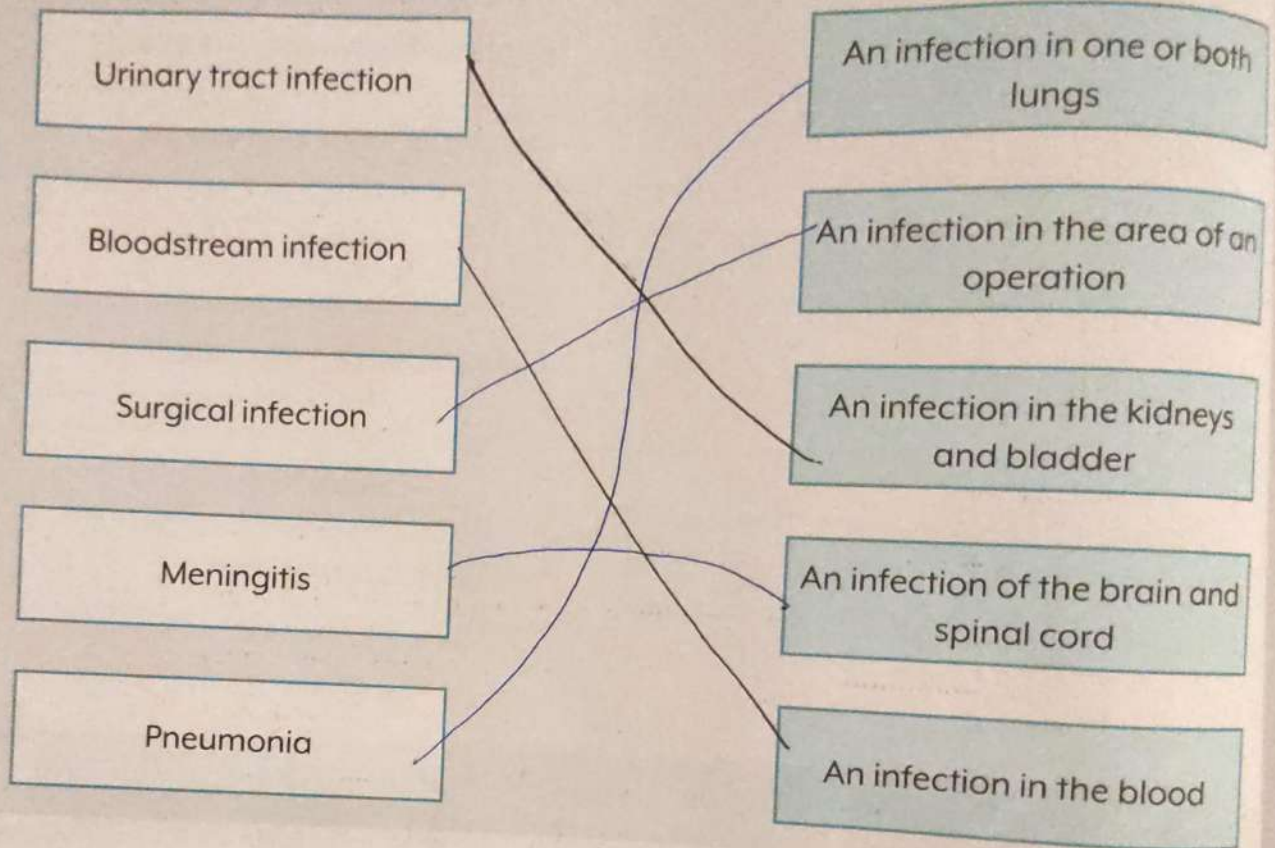
5.6 Infection control for disease prevention



Activity 32

Types of healthcare infections

Match the type of healthcare infection to its description.



Notes:



Research: Transmission-based precautions

Find out more about the different transmission-based precautions; airborne, contact and droplet.

Airborne

Are for diseases like tuberculosis, measles and chicken ^{Pox} ~~flu~~ which spread through small particles that remain in the air. Patients are placed in negative pressure rooms and healthcare workers wear N95 respirators.

Contact

Prevent infections like MRSA, C and VRE. It spreads by direct contact or by touching contaminated surfaces. @

Gloves, gowns and strict hand hygiene are essential for healthcare workers when entering a patient's room. Equipment like stethoscopes should be dedicated to the patient only.

Droplet

Illnesses like influenza and pertussis spread through respiratory droplets. Patients are isolated or cohorted and surgical masks are worn by healthcare workers when near them.

5.6 Infection control for all



Activity 33

Create a poster

In the space below, create a poster that could be displayed in a healthcare setting to help prevent infections.

Your poster should be about one of the following:

- ⊙ Infection control programmes
- ⊙ Screening
- ⊙ Hand washing
- ⊙ Hygiene
- ⊙ Quarantine
- ⊙ Decontamination of people and the environment
- ⊙ Personal Protective equipment (PPE)

10 Ways to Stop infections from Spreading



Do Personal Hygiene Practices



Stay Home if Sick



Take medicine if needed



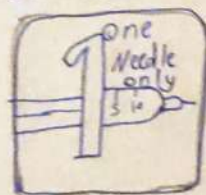
Follow Precaution Signs



Use PPE



Get vaccinated



Use Safe Injections Practices



Keep your environment clean



Educate People on Infection Prevention

Do regular medical check-ups



Write a list of the things that you should do in day-to-day life to reduce your risk of getting an infection. Then select one of these things to explain why this will reduce your chance of getting or spreading infections.

- 1:- Wash hands frequently with soap and water.
- 2:- Avoid touching your face, especially your eyes, nose and mouth.
- 3:- Maintain good personal hygiene.
- 4:- Cover your mouth and nose when sneezing or coughing.
- 5:- Disinfect and clean commonly touched surfaces.
- 6:- Avoid contact with sick individuals.
- 7:- Stay up to date on vaccinations.
- 8:- ~~Do~~ Follow a healthy balanced diet and do physical activity.
- 9:- Use proper food handling and preparation techniques.
- 10:- Avoid sharing personal items like toothbrushes, towels.

Why Washing Hands Reduces The Risk of Infection :-

Washing hands removes germs picked up from surfaces or contact with others, preventing them from entering your body through the mouth, nose and eyes. cleaning your hands also reduces the spread of harmful pathogens protecting you and those around you.

End of unit quiz

1. Write what each of the risk factors below means.

Modifiable risk factor:

Are risk factors that you can change, like:-
Type 2 diabetes, Living a sedentary lifestyle, smoking.

Non-modifiable risk factor:

Are risk factors that you cannot change, like:-
Gender, Age, Ethnicity, Family history (Genetics).

2. Write three ways that you can help to prevent a communicable disease:

Practising good personal hygiene
Cleaning and disinfecting shared areas
Keeping a safe distance from people who are unwell

3. From the list below, write yes if they are positive health behaviours and no if not.

	Yes or no?
Being physically active	Yes
Having good personal hygiene	Yes
Being overweight	No
Getting regular medical check-ups	Yes
Smoking	No
Having a healthy diet	Yes
Not exercising	No
Getting enough sleep	Yes

4. Write a short paragraph about the benefits of physical activity.

Physical activity improves physical health by controlling weight, strengthening bones and muscles and reducing the risk of chronic and cardiovascular diseases. It also improves your mental health by reducing stress, improving mood and enhancing energy levels. Socially, it fosters confidence, teamwork, communication, making it essential for overall health and well-being.

5. Choose which sentence describes immunisation, and which describes screening.

Write immunisation or screening in the spaces provided.

When people are made resistant to an infectious disease, usually by the injection of a vaccine

Immunisation

Testing people to see if they have any signs of a disease or illness

Screening

6. Answer the questions about screening or diagnostic tests.

Which type of test checks for early signs of disease?

Screening Tests

Which type of test is done when signs of a disease have been identified?

Diagnostic Tests

Which type of test is low cost?

Screening Tests