

تم تحميل هذا الملف من موقع المناهج الإماراتية



الملف مراجعة الوحدة الأولى مقدمة في الصحة

[موقع المناهج](#) ⇨ [المناهج الإماراتية](#) ⇨ [الصف الحادي عشر](#) ⇨ [علوم صحية](#) ⇨ [الفصل الأول](#)

روابط مواقع التواصل الاجتماعي بحسب الصف الحادي عشر



روابط مواد الصف الحادي عشر على تلغرام

[الرياضيات](#)

[اللغة الانجليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

المزيد من الملفات بحسب الصف الحادي عشر والمادة علوم صحية في الفصل الأول

علوم صحية ملخص علوم صحية	1
علوم صحية الصحة والمرض	2
علوم صحية اوراق عمل	3
Key Answer Examination علوم صحية	4
علوم صحية اوراق مراجعة لامتحان نهاية الفصل الاول عددها 10 اوراق	5



Health sciences – Term 1 (2022 – 2023)

Revision – Unit 1 (Introduction to health)

Teacher: Arwa Abdelmoneim Elsir

1.	Which of the following is false about Mental health?	
	(A)	Refers to the brain and how well it functions.
	(B)	There is single cause of mental health disorders (biological factors)
	(C)	It is everyone's duty to break down the stigmatization of mental illness.
(D)	Discrimination is when someone treats you in a negative way because of a particular characteristic	

2.	Early Childhood is (Between 7 years and 11 years).	
	(A)	True
(B)	False	

3.	Barriers to health are things that you as an individual cannot control.	
	(A)	True
(B)	False	

4.	Name one physical change experienced during adolescence.	

5.	Which stage of the human life cycle is the period of change between childhood and adulthood?	
	(A)	Foetal development
	(B)	Infancy
	(C)	Adolescence
(D)	Older adulthood	

6.	Which of the following can improve sleep quality?	
	(A)	Sleep in a loud and bright place
	(B)	Drink caffeine or sugary drinks before bed
	(C)	Sleep in a quiet and dark place
(D)	Use mobile phones before going to bed	

7.	Which of the following is the earliest stage of the human life cycle?	
	(A)	Foetal development
	(B)	Infancy
	(C)	Adolescence
(D)	Older adulthood	

8.	Select two ways to regulate your emotions	
	(A)	Doing yoga
	(B)	Crying
	(C)	Stay a lone
	(D)	Writing a journal
	(E)	Stigma

9.	Which of the following is false about health?	
	(A)	Defined by WHO.
	(B)	There Is no connection between the Dimension of health.
	(C)	We have four dimensions of health.
	(D)	Weather is one of the barriers that affect health.

10.	Discrimination when someone sees you in a negative way because of a particular characteristic	
	(A)	True
	(B)	false

11.	Which of the following is the last stage of the human life cycle?	
	(A)	Foetal development
	(B)	Infancy
	(C)	Adolescence
	(D)	Older adulthood

12.	Select Two Importance of emotional health conditions.	
	(A)	Stronger relationships
	(B)	Low energy
	(C)	Higher self-esteem
	(D)	Lower self-esteem
	(E)	Week relationships

13.	Which dimension of health refers to how well people get along with others?	
	(A)	Physical health
	(B)	Social health
	(C)	Mental Health
	(D)	Emotional health

14.	Complete the following sentence about children's motor skills.	
	Gross motor skills use _____ body movements, such as running or _____. Fine motor skills use _____ body movements, such as _____ or tying shoelaces.	
a. large b. small. c. jumping d. writing		

15.	Select three ways to improve social health.	
	(A)	Stay positive
	(B)	Spend time alone
	(C)	Keep negative relationships
	(D)	End negative relationships
(E)	Spend time with family and friends	

16.	Select three mental health conditions.	
	(A)	Anxiety
	(B)	Diabetes
	(C)	Depression
	(D)	Dehydration
(E)	Eating disorder	

17.	Which of the following is part of physical health?	
	(A)	Expressing emotions
	(B)	Good communication
	(C)	Good nutrition
(D)	Handling stress	

18.	Good personal hygiene is a part of which dimension of health?	
	(A)	Physical health
	(B)	Social health
	(C)	Mental Health
(D)	Emotional health	

19.	Give one example of a fine motor skills, and one of a gross motor skills	

20.	Mindfulness is linked with better emotional health. Give one example of how to practice mindfulness.	

21.	Complete the following sentence. Alzheimer's is a type of _____. Alzheimer's is common among _____ adults. One of the first signs of this disorder is _____.	
	<i>a. younger b. memory loss c. older d. dementia e. weight gain</i>	

22.	According to the World Health Organization's definition of health, a person who has diabetes is healthy.	
	(A)	True
	(B)	False

23.	Number the stages of human lifecycle in order from beginning to end of life.	

Number	Stage of lifecycle
	Adulthood
	Infancy
	Childhood
	Older adulthood
	Adolescence
	Foetal development

24.	What is stigma in mental health?	
	(A)	When someone views you in a negative way for having a mental health disorder
	(B)	One of the main causes of mental health disorders in teenagers
	(C)	A method of improving mental health
	(D)	The medical professional who deals with patients with mental health disorders

25.	What is the current life expectancy of people in the UAE?	
	(A)	55 years
	(B)	62 years
	(C)	78 years
	(D)	100 years

26.	What is emotional health?	
	(A)	How well the brain functions
	(B)	How people feel about themselves
	(C)	How well people get along with others
	(D)	How well the body works

27.	Name two of mental health disorders.	

28.	How has the life expectancy of people changed in the last 50 years in the UAE?	
	(A)	Life expectancy has increased to 78 years
	(B)	Life expectancy has decreased to 62 years
	(C)	Life expectancy has stayed the same at 68 years
	(D)	Life expectancy has caused people to die younger

29.	Rashid has recently been diagnosed with diabetes. As a result, he feels anxious about making the correct food choices for his condition. Which two dimensions of health are affected by Rashid's diagnosis?	
	(i)	_____
	(ii)	_____

30.	A broken arm is an injury that affects which dimension of health?	
	(A)	Physical health
	(B)	Social health
	(C)	Mental health
	(D)	Emotional health

31.	Treating someone in a negative way because of their skin colour, disability or mental health condition is called _____.	
	(A)	stigma
	(B)	discrimination
	(C)	adolescence
	(D)	psychological

32.	Match the causes of mental health disorders to the correct description.	
	1. Biological factors	<input type="checkbox"/>
	2. Psychological factors	<input type="checkbox"/>
	3. Social factors	<input type="checkbox"/>
	a. Things that happen to a person's environment	
	b. Factors that impact a person's personality, usually from events in childhood	
	c. A family history of mental illness or a chemical imbalance in the brain	

33.	Which of the following is a characteristic of a person with good emotional health?	
	(A)	Higher self-esteem
	(B)	Lower self-esteem
	(C)	Low energy levels
	(D)	Weak relationships

34.	What is the name given to the physical process of maturing to an adult during adolescence?	
	(A)	Stigma
	(B)	Foetal development
	(C)	Infancy
	(D)	Puberty

35.	List two things that declines during older adulthood.	

36.	What happens at the 14 th week of foetal development?	
	(A)	The foetus is ready to be born
	(B)	The heartbeat can be heard with a stethoscope
	(C)	The lungs develop
	(D)	The foetus develops male or female characteristics

37.	Which of the following can affect body weight?	
	(A)	Diet
	(B)	Physical activity
	(C)	Genetics
	(D)	All of the above

38.	How many hours of sleep are recommended each night?	
	(A)	3-5 hours
	(B)	4-6 hours
	(C)	7-9 hours
	(D)	12-14 hours

39.	People who have good emotional health will have _____.	
	(A)	less energy
	(B)	low self-esteem
	(C)	poor relationships
	(D)	high self-esteem

40.	Older adults will experience a decline in _____.	
	(A)	their motor skills
	(B)	their energy levels
	(C)	their senses
	(D)	all of the above

41.	At which stage within childhood are children more likely to develop minor illnesses?	
	(A)	Early childhood
	(B)	Older childhood
	(C)	Late childhood
	(D)	Puberty

42.	Depression is a type of _____ health disorder.	
	(A)	Physical
	(B)	Mental
	(C)	Social
	(D)	Emotional

43.	On average, how long does the puberty stage of the lifecycle last?	
	(A)	Two months
	(B)	Six months
	(C)	Two years
	(D)	Six years

44.	Being able to manage feelings and deal with them in an appropriate way is part of which dimension of health?	
	(A)	Emotional health
	(B)	Physical health
	(C)	Mental health
	(D)	Social health

45.	How can you improve your communication skills?	
	(A)	Avoid all problems
	(B)	Speak clearly and use sensible body language
	(C)	Communicate with body language and facial expressions only
	(D)	Communicate with words only, do not use facial expression or body language

46.	What is a biological factor that can cause mental health disorders?	
	(A)	A family history of mental health disorders
	(B)	Experiences from early in life
	(C)	Relationship problems with friends
	(D)	Poor living conditions

47.	The best way to hydrate our bodies is by drinking.....	
	(A)	Water
	(B)	Cola
	(C)	Tea
	(D)	Coffee

48.	In 2021, people in the UAE are expected to live until 78 years of age. In 1971, people were expected to live until 62 years of age. Why are people in the UAE living longer now compared to 50 years ago?	
	(A)	There are more diseases in 2021
	(B)	There are less diseases in 2021
	(C)	The standard of healthcare has improved in the last 50 years
	(D)	People are spending more time on social media

49.	Spreading gossip and rumours can affect which dimension of health?	
	(A)	Emotional health
	(B)	Social health
	(C)	Mental health
	(D)	All of the above

50.	Good communication can lead to.....	
	(A)	Arguments with friends and family
	(B)	Stronger relationships with others
	(C)	A healthy body weight
	(D)	A bad sleeping pattern

51.	How many weeks of pregnancy is the foetus fully developed and ready to be born?	
	(A)	15 – 20 weeks
	(B)	31 – 35 weeks
	(C)	36 – 40 weeks
	(D)	52 – 56 weeks

52.	Which of the following can cause poor social health?	
	(A)	Poor communication
	(B)	Good communication
	(C)	Keeping positive relationships
	(D)	Spending time with friends and family

53.	What is a social factor that can cause mental illness?	
	(A)	A family history of mental health disorders
	(B)	Experiences from early in life
	(C)	Relationship with friends
	(D)	A chemical imbalance in brain

54.	Which of the following is a fine motor skill?	
	(A)	Running
	(B)	Jumping
	(C)	Throwing a ball
	(D)	Drawing

55.	What is mental health stigma?	
	(A)	Seeing someone in a negative way because they have a mental disorder
	(B)	Treating someone with care and respect because they have a mental health disorder
	(C)	A method of communication between people with mental health disorders
	(D)	A way to cure mental health disorders

56.	Adults should do at least minutes of vigorous activity per week.	
	(A)	75
	(B)	150
	(C)	125
	(D)	175

57.	Which of the following is a barrier to health?	
	(A)	Living far away from the nearest hospital
	(B)	Cool weather making it easier to exercise outdoors
	(C)	Getting 8 hours of sleep each night
	(D)	Eating fruit and vegetables every day

58.	Khalifa feels happy most of the time and has high self-esteem. If feels upset or nervous about something, he does some meditation as he knows this will improve his mood. Khalifa appears to have good health.	
	(A)	Physical
	(B)	Social
	(C)	Emotional
	(D)	Mental

59.	According to the WHO definition of health. Which of the following statements is true?	
	(A)	It is easy for people to be in a complete state of health
	(B)	A person who is disease and illness free can still be unhealthy
	(C)	Physical well-being is the most important aspect of health
	(D)	A person who is living with a chronic disease is healthy

60.	According to the WHO definition of health. Which of the following statements is true?	
	(A)	It is easy for people to be in a complete state of health
	(B)	Un healthy body weight and high stress are signs of good health
	(C)	Physical well-being is the most important aspect of health
	(D)	A person who is living with a chronic disease is unhealthy

61.	Which of the following is expected at the early childhood stage of human development?	
	(A)	Puberty begins as the child matures
	(B)	Gross motor skills develop quicker than fine motor skills
	(C)	Immunity increases and minor illnesses are experienced less
	(D)	The lungs begin to develop and the nervous system starts to function

62.	Which of the following is expected at the older childhood stage of human development?	
	(A)	Puberty begins as the child matures
	(B)	Gross motor skills develop quicker than fine motor skills
	(C)	Immunity increases and minor illnesses are experienced less
	(D)	The lungs begin to develop and the nervous system starts to function

63.	During which weeks of pregnancy does a foetus develop male or female physical characteristics?	
	(A)	14 weeks
	(B)	19 weeks
	(C)	23 weeks
	(D)	31 weeks

64.	Body weight and food intake have the biggest impact on which dimension of health?	
	(A)	Physical
	(B)	Social
	(C)	Mental
	(D)	Emotional