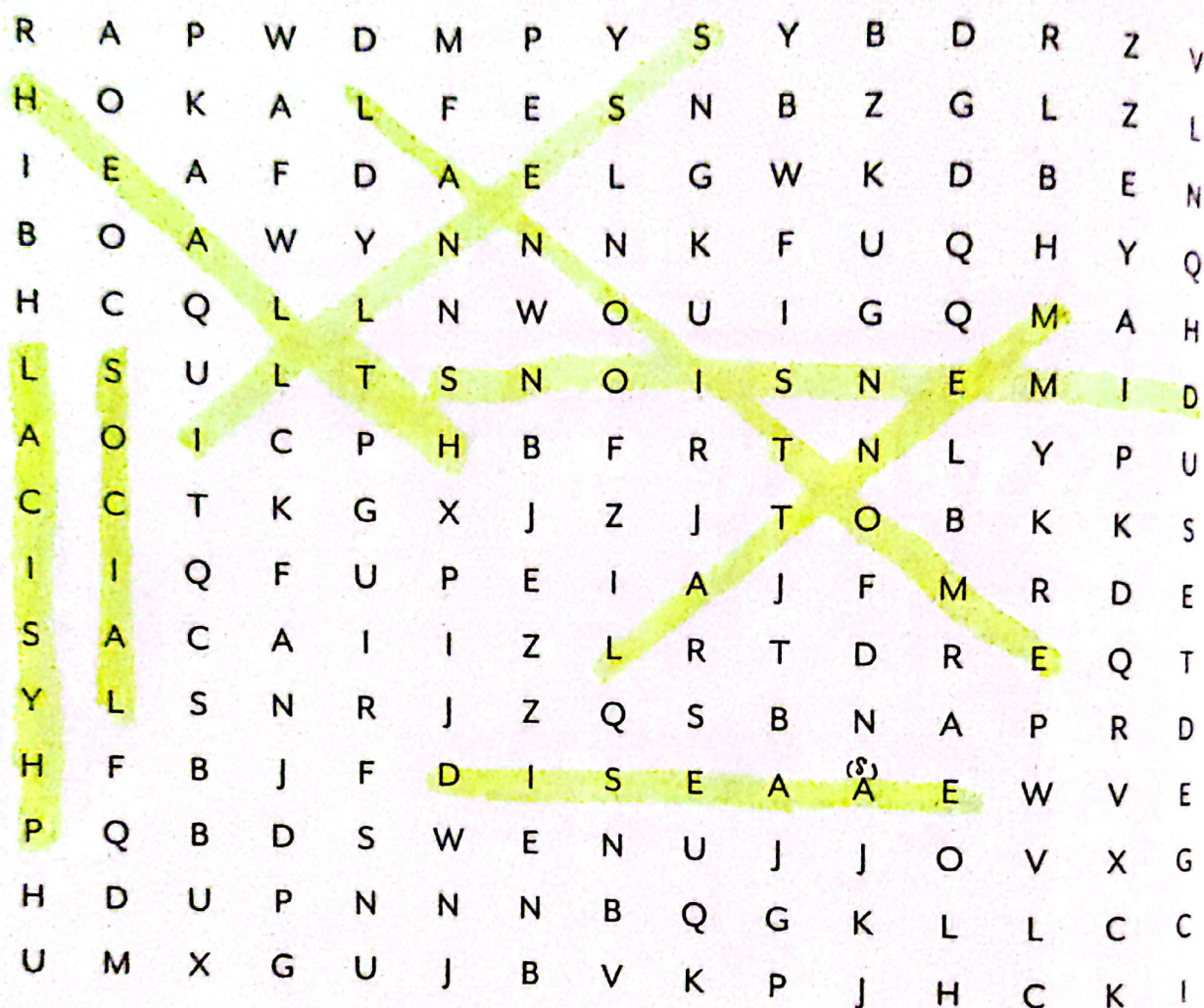


1.1 Health and illness

STARTER Word search

Find the keywords from the table below in the word search.



DIMENSIONS	MENTAL	PHYSICAL	DISEASE
EMOTIONAL	ILLNESS	SOCIAL	HEALTH

What is health?

Complete the WHO definition of health using the words provided.

illness

physical

absence

social

Health is a state of complete physical....., mental and
social..... well-being and not merely the absence.....
 of disease or illness.....

Your understanding of health

What does health mean to you? Write your own definition of health.

Health, to me, is the cornerstone of living a long healthy life.

~~It is~~ it contains physical, mental, social and emotional health
 well-being.

physically, it means being free from illness, having a lot of energy
 for activities I love, and maintaining a balanced and healthy diet.
 Mentally/emotionally it involves managing stress, fostering resilience,
 and nurturing positive ~~relation~~ relationships.

Ultimately, it means being in tune with my body and getting healthcare
 when needed.

1.1 Health and illness



Research: The World Health Organization (WHO)

You will see the WHO mentioned a lot when you study Health Sciences. Do some research about the organization and answer the following questions:

1. When did the WHO begin?

In 1948

2. Where are the WHO headquarters?

Geneva, Switzerland

3. Write down one goal of the WHO.

To ensure a billion more people have universal health coverage
to protect a billion more people from health emergencies



Discussion: Health according to the WHO

Based on the WHO definition of health, do you think it's easy or difficult to be completely healthy all the time? Discuss your thoughts with the rest of the class.

Achieving and maintaining complete health all the time can be challenging because of various factors such as genetics, environment and lifestyle, all influencing our well-being.



Activity 3

Life expectancy



In 1971, when the United Arab Emirates was formed, the average number of years that people were expected to live (life expectancy) was 62. By 2020, life expectancy had increased to 78 years.

Why do you think people are living longer? Discuss your thoughts in pairs and use the space below to suggest two reasons.

1. Advancements in health care which improved disease ~~prevention~~ prevention and treatment.
2. Improved living conditions, including better living standards, access to clean water etc.



Activity 4

Key terms in Health Sciences



In Health Sciences there are key terms that are often used when exploring health. Read the following sentences and guess which key term is being described from the list below.

Prevention

Life expectancy

Mental health

1. A person's emotions and feelings are an important part of a person's health.
Key term: Mental health
2. Stopping a disease from happening in the first place is better than dealing with the disease.
Key term: Prevention
3. The average number of years that a person is expected to live in the UAE is 78 years.
Key term: Life expectancy

1.1 Health and illness



Illness

Read the following statements about illness and decide if the statement is true or false.

Statement	True	False
Illness can be defined as a disease of the body or mind.	/	
When a person has an illness in their body, this illness does not affect any other part of the person's health.		/
There are physical illness and mental illness.	/	
In Health Sciences you will gain knowledge on how to treat and prevent illnesses, among other things.	/	



Illness key terms

When studying illnesses, some key terms are commonly used. Read the following definitions and write the correct key term.

Definition	Key term
A manifestation of a disease or illness that can be measured by a doctor. For example, fast heart rate.	Symptoms
A long-term disease that usually needs ongoing medical treatment. For example, heart disease and diabetes.	chronic disease
Diseases that cannot pass from one person to another. For example, cancer, heart diseases and diabetes.	Non-communicable diseases
A disorder of the structures or functions of the body that produces specific symptoms.	Disease
A disease that happens suddenly and lasts for a short time. For example, a cold.	Acute disease

1.2 The dimensions of health

STARTER

What affects health?

In pairs, look at the different things that can affect health. Put them into the correct box to show which dimension of health they affect.

Healthy eating	Physical activity	Good hydration	Good quality sleep
Good friends	Good brain function	Managing emotions	Good communication

Physical

Healthy eating
Physical activity
Good hydration
Good quality sleep

Social

Good Friends
Good communication

Mental

Good brain Function

Emotional

Managing emotions



Activity 7

Balloon game

In groups of four, stand in a circle. Your teacher will give each group member the title of one of the dimensions of health. Your group will then get a balloon and you must stop the balloon from touching the ground. To start, you will all work together to keep the balloon from touching the ground. If the teacher calls your dimension of health, you must stop helping your group. The teacher can call one or more dimensions.

1. What happened when you lost the help from the other dimensions?

it became more challenging to prevent the balloon from touching the ground.

2. How did this affect the other members of the group?

increased the workload and responsibilities on the other dimensions.

3. How can your overall health be affected when one or more of the dimensions are not working properly?

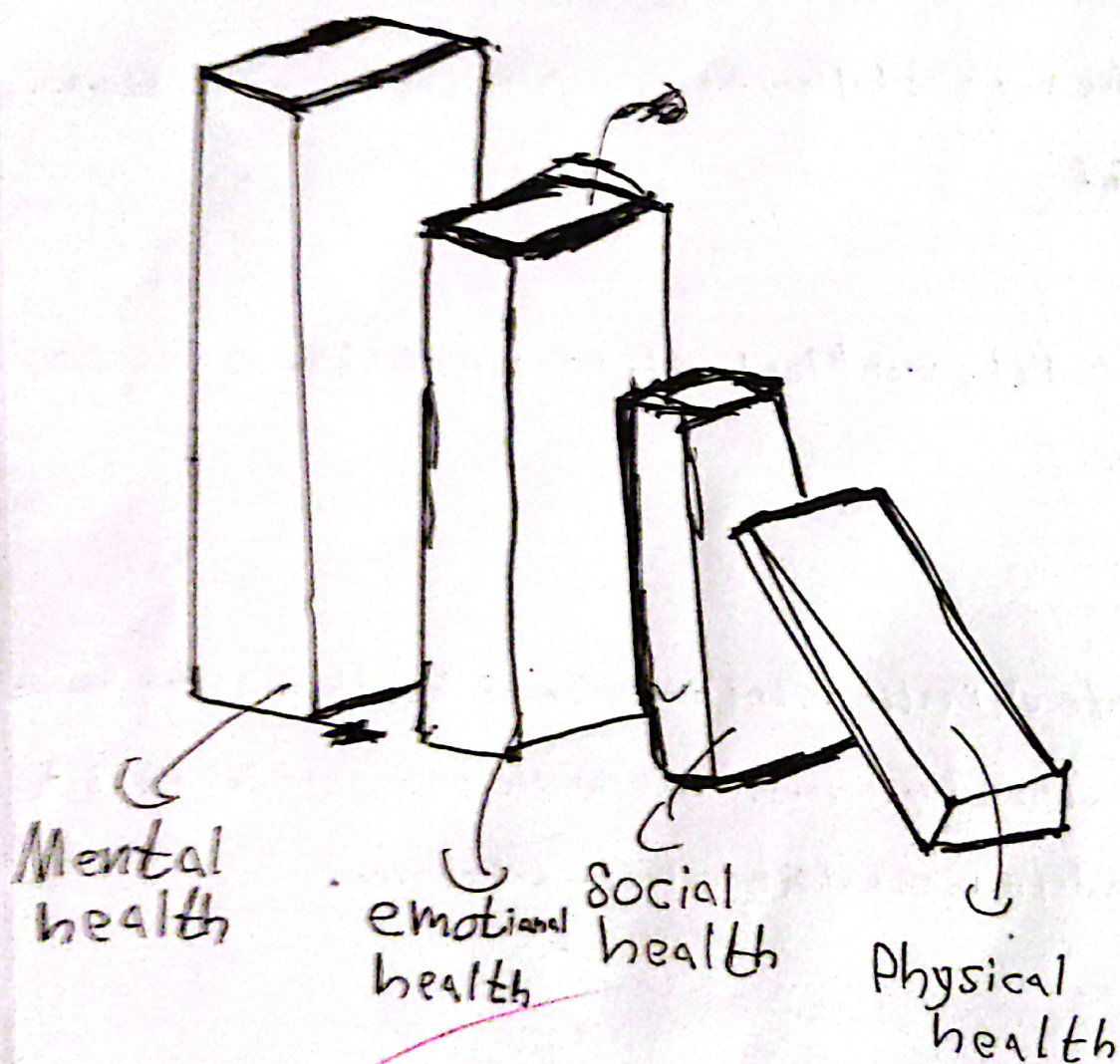
The state of health in one dimension of health will have an impact on the other dimensions. For example, poor physical health can lead to mental and emotional stress.

1.2 The dimensions of health



Draw a diagram

Draw a diagram in the space below which shows the domino effect; how one aspect from one dimension of health can affect all of the other dimensions.



Great job

Barriers to health

Answer true or false to the following statements about the barriers to health.

Statements	True	False
Barriers to health are things that can be changed by people.		☒
When the weather is nice, people normally feel happy.	☒	
The impact that the weather has on health stays the same every day.		☒
Your individual mood is a barrier to health.	☒	
Living in a remote area where there are no healthcare facilities nearby is a barrier to health.	☒	
Spreading gossip and rumours affect emotional, social and mental health.	☒	

Notes:

1.3 Physical health



Discussion: What is physical health?

Discuss your understanding of physical health. Make notes below.

Physical health refers to any physical aspect of health.
it includes:

Physical fitness - Nutrition - Hydration - Sleep quality,
and avoiding harmful substances



Activity 10

Improving physical health

Write a short speech below explaining three ways to improve physical health.

Exercise Regularly: Engage in activities you enjoy, like walking or sports.
For at least 150 minutes a week to boost ^{your} fitness and heart health.

Eat a healthy balanced diet: Consume plenty of fruits, vegetables, lean proteins and stay hydrated while limiting fast food and sugary snacks.

Prioritize Quality sleep: Aim for 7-9 hours of sleep per night, create a sleep-friendly environment.



Activity 11

Healthy diet

Which foods do you think people should eat every day? Which foods should people eat in moderation? Put the foods below into the correct category.

Laban	Chocolate	Fruit	Crisps
Baklava	Vegetables	Lean meat	Brown rice

Everyday foods	Foods in moderation
Laban Fruit Vegetables ~~Baklava~~ Brown rice	chocolate crisps Lean meat ~~Brown rice~~ Baklava

1.3 Physical health



How active are you?

Tick the answer that applies to you for each question.

1.	How do you usually get to and from school?	Tick
a.	I take a car or bus.	/
b.	I walk part of the way to school.	
c.	I walk all the way to school.	
2.	At break time, what do you usually do?	Tick
a.	Sit around and chat.	/
b.	Stand up or walk around.	
c.	Play games or run around.	
3.	How do you spend your spare time?	Tick
a.	Sitting around, watching TV, using my phone or computer.	
b.	Watching some TV and sometimes I do something active.	
c.	I spend most of my time being active.	/

4.	How often do you do any of these things: walk quickly, cycle, play sport, swim or skateboard?	Tick
----	---	------

a. Almost never.

b. Two or three times a week.

c. Every day.



5.	How much activity do you do each day?	Tick
----	---------------------------------------	------

a. Less than 30 minutes.

b. Between 30 minutes and an hour.

c. One hour or more.



Look at the answers that you have ticked. Which letter have you ticked the most?

.....most of the answers is "C".....

If you have ticked:

Mostly A's:

It is time to get active. Being active helps with your physical health as well as the other dimensions of health. Try to fit some more exercise into your daily routine, you'll soon start to see the benefits.

Mostly B's:

You are getting there, just a little more effort you should reach the target of 150 minutes of moderate intensity activity per week. Do an activity that you enjoy, that way you are more likely to keep it up.

Mostly C's:

Well done, it looks like you have a good physical activity routine. Your physical, mental and emotional health should really feel the benefits of your active lifestyle. Keep it up.

1.3 Physical health



Causes of poor sleep

Tick which of the following are causes of poor sleep.

	Tick
Being hydrated	
Having a lot of caffeine before sleeping	/
Using mobile phones before sleeping	/
Doing relaxation exercises before sleeping	
Doing too much physical activity	
Stress	/
Watching TV before sleeping	/

Excellent



1.4 Social health

STARTER Keywords

Match the keywords on the left with its correct definition on the right.

✓ mental	relates to society, community and other people.
✓ social	a strong feeling that is based on personal experience.
✓ emotion	The transition between childhood and adulthood.
✓ puberty	relates to the body.
✓ adolescence	The period during which adolescents reach physical maturity.
✓ physical	relates to the mind.

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

1. Thoughts

Synonym: opinions.

2. Disease

Synonym: illness, sickness, infection

3. Infant

Synonym: Baby, Newborn, child

Activity 14

Improving social health

Circle the correct ways to improve social health below.

Eat a healthy diet.	Spend time with friends and family.	Have a positive outlook.
Practice good communication skills.	Get enough physical activity.	Make sure you have up to date vaccinations.

Activity 15

Communication

Your teacher will ask a small group of people to speak to the class about something that they like. They should leave the room for two minutes to discuss what they will talk about.

The people left in the class as listeners will be given special instructions by the teacher.

After the speech, answer the following question.

What have you learned about communication from this exercise?

Time management.....

Listening skills are important to understand the message.....

Preparation is key.....

Everyone must have good communication skills.....

Excellent

1.5 Mental health

STARTER

What is mental health?

Think about the following questions before beginning today's lesson. Answer each based on your personal thoughts.

What does mental health mean to you?

It relates to the function of my brain and it's overall well being.

It's the way of how I think, feel and behave.

How would you rate your mental health out of 10?

10/10

Do you think your mental health could improve?

Yes, it is possible

What things improve your mental health and make you feel better?

Regular Exercise

Stress Management

Social Connection

Self care

Seeking help when we fall

Mood tracker

The following mood tracker can be used to track your mood for the next five days. Each day is represented by a box, you should colour the box from the colour code provided based on your mood for the day. There is also a notes section to justify why you choose the colour for that day, record what was good or not so good about your day. At the end of the five days, you can see how your mood has been for almost a week.

Day 1	Day 2	Day 3	Day 4	Day 5
A	G	A	A	O

Colour code

Amazing
Good
OK
Not so good
Really bad



Notes for day 1

I got reunited with old friends

Notes for day 2

I had a busy day

Notes for day 3

hanged out with my friends

Notes for day 4

I re-lived old memories with my family

Notes for day 5

I had a ~~very~~ busy day and lots of H.W

1.5 Mental health



Activity 17

Mental health disorders

List as many mental health disorders that you are aware of below.

- | | |
|--|--|
| <ul style="list-style-type: none">- Depression- Anxiety disorders- Eating disorders- Dementia- autism- Bipolar disorder- Schizophrenia | <ul style="list-style-type: none">- Hyperactivity disorder- Substance use disorder- Personality disorders- Specific phobias |
|--|--|



Activity 18

Causes of mental health disorders

Match each of the causes of mental health disorders below to the correct example.

Biological factors

Psychological factors

Social factors

Nawaf's father died when he was five years old. As the only male in the family, he no longer had a father figure which damaged his mental health as he grew older.

Shahad has a family history of dementia, at the age of 70 she was also diagnosed with the disease.

Amal has an eating disorder which has been caused by comparing herself to pictures of other girls on Instagram.

Activity 19

Break the stigma

Design a poster that will be displayed around your school to help break the stigma of mental illness. Explain to your fellow students how to speak out if they are experiencing mental difficulties. You can use the space below to design your poster or create it on a separate page.

BREAK
the
STIGMA

Don't let the actions
of a single person affect

YOU!!

They are just a ①
in

8,000,000,000. others

1.6 Emotional health

STARTER Draw the emotion

Draw the emotions listed below.

Angry



Upset



Happy



Excited



Surprised



Matching

Match the method of improving emotional health with the correct description.

Emotional regulation

Exercise

Strengthen
connections

Be mindful

A short walk can help to clear negative thoughts.

Take a few minutes of your day to give your brain a break.

Listen to music, read a book or write a journal.

Spend time with family and friends, either in person or on the phone.

Notes:

1.7 Human growth and development

STARTER

The human life cycle

What do you know about the human life cycle? There are 6 stages, can you name any of the stages?

1. Foetal development
2. inFancy
3. childhood
4. ~~adulthood~~ adolescence
5. adulthood
6. older adulthood



Activity 22

Family members

In the table below, in the left column write the stages of the human life cycle. In the right column write the number of family members that you have in that stage of the life cycle. Your answer may be 0 for some of the stages.

Stage of life cycle	Number of people
Foetal development	0
inFancy	0
childhood	0
adolescence	0
adulthood	1
older adulthood	5



Research: Motor skills

Research some of the motor skills that are developed in infancy.

Gross motor skills:

Lifting the head: infants gradually develop this ability

Sitting: By about 6 to 8 months, infants can sit without support

Crawling and Walking: it is developed by about 8-12 months old

Fine motor skills:

⑥ Grasping: it develops within the early months

Hand-Eye coordination: infants learn to coordinate their visual perception with their hand movements.



Activity 25

Fill in the blanks



Using the words in the table, fill in the blank spaces about the motor skills of a child.

large	slowly	two	small	throwing
-------	--------	-----	-------	----------

Motor skills can be broken down into two categories. Gross motor

skills use large body movements. Jumping, skipping, throwing

and balancing are some of the body movements in the gross motor skills category.

Fine motor skills develop more slowly than gross motor skills. Fine

motor skills use small body movements such as writing and drawing.

1.7 Human growth and development



True or false

Answer true or false to the following statements about adolescence.

Statement	True or False
Only some people go through puberty.	False
Adolescence is the change from childhood to adulthood.	True
Boys and girls experience different changes in adolescence.	True
Only physical health changes during adolescence.	False
Puberty is the process of maturing to an adult.	True
Gross motor skills begin to decline at this stage.	False



Activity 25

Adulthood

Name the two categories of adulthood and their ages.

Category 1	Category 2
Name: Young adults	Name: Middle-aged adults
Ages: 18-44	Ages: 45-64

Health decline

Read the following scenarios and decide whose health will decline faster. Both people are 68 years old.

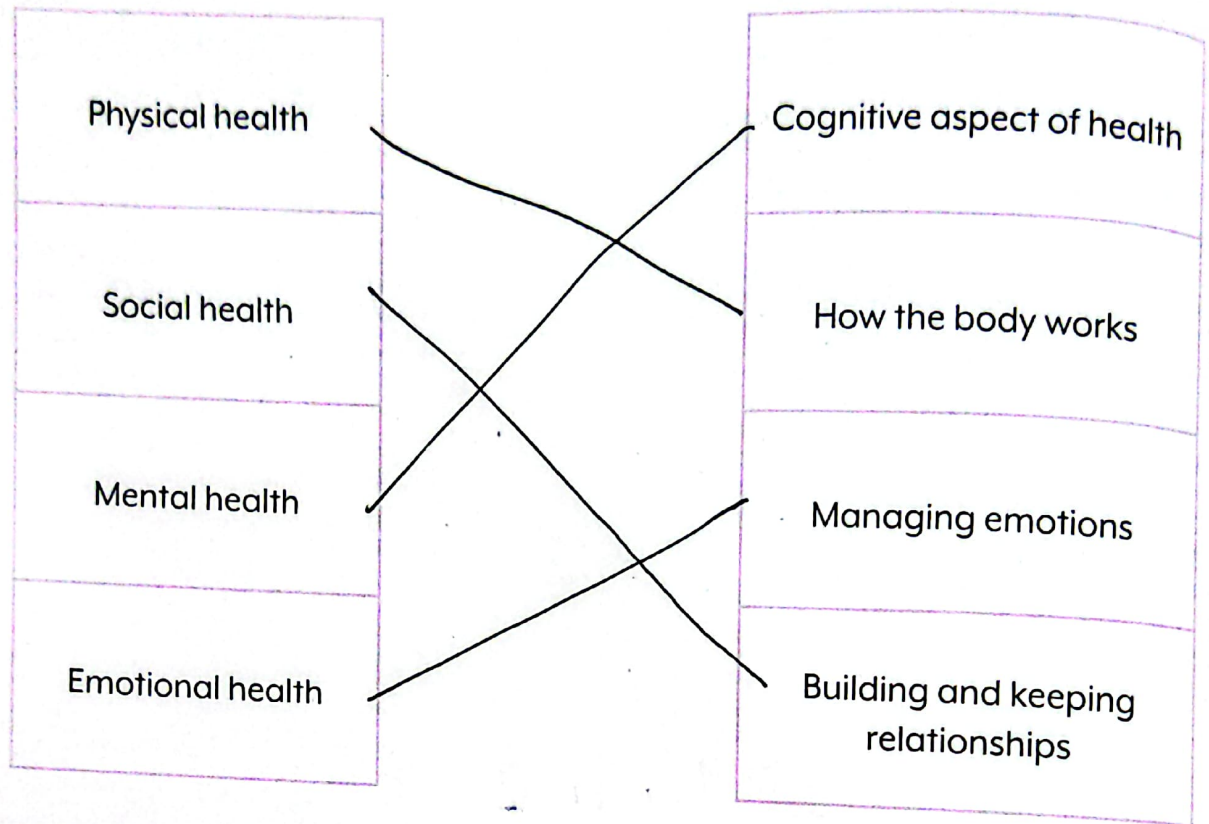
Person 1	Person 2
Eats a very balanced diet and exercises regularly. Recently has been diagnosed with diabetes but is managing the condition well.	Smokes a number of times every day, does not do regular exercise. No health conditions known, has not seen a doctor for 4 years.

Answer: Person 2

Notes:

End of unit quiz

1. Match the dimensions of health with the correct description.



2. Which of the following will improve physical health? Circle your answers.

Having 7-9 hours of sleep per night.	Making sure your body is dehydrated.	Keep a healthy body weight.
Have a balanced diet.	Avoid physical activity.	Drink a lot of coffee.

3. Name three mental health disorders.

1. Dementia
2. Developmental disorders
3. Eating disorder

4. List five emotions.

1. Sad
2. Happy
3. Upset
4. Joy
5. Anxious

5. List the stages of the human life-cycle in order.

Foetal development
infancy
childhood
adolescence
adulthood
older adulthood

6. What was the human life expectancy in the UAE in 2020? Circle your answer.

62 years	72 years	78 years
----------	----------	----------