



United Arab Emirates
Ministry of Education
الإمارات العربية المتحدة
وزارة التربية والتعليم
مدرسة التربية الإسلامية الخاصة
ISLAMIC EDUCATION PVT. SCHOOL



HEALTH SCIENCES – WORK SHEETS – GRADE 12 UNIT 5

DONE BY : ISRAA AL DABBAGH

Question 1: choose the correct answer.

- 1- The reasons why people might develop a disease.
 - a. Genetics
 - b. Environmental factors
 - c. Life style
 - d. All of the above
- 2- The best way that people can lower their risk of disease is by .
 - a. Living a sedentary life style
 - b. Practicing good personal hygiene
 - c. Sleeping less than 7 hours a day
 - d. Eating fast food
- 3- Which of these diseases are caused by person's lifestyle choices
 - a. COVID -19
 - b. Pneumonia
 - c. Hepatitis
 - d. Diabetes
- 4- Communicable diseases are caused by .
 - Germs
 - Sedentary life style
 - Genetics
 - Healthy diet
- 5- Does a healthy life style can help to prevent you from getting some communicable diseases ?
 - a. True
 - b. False
- 6- Long term diseases

- a. Communicable
 - b. Non - communicable
- 7- All of these diseases are the most common non -communicable diseases except ,
- a. Cardiovascular disease
 - b. Cancer
 - c. Flue
 - d. Respiratory diseases and diabetes
- 8- Something that increases a person's chance of getting a disease is called a ,
- a. Sedentary life style
 - b. Habit
 - c. Risk factor
 - d. Bacteria
- 9- Modifiable risk factors for disease includeexcept ,
- a. Smoking
 - b. Hypertension
 - c. High blood cholesterol
 - d. Gender
- 10-Non - modifiable risk factor include the followingexcept ,
- a. Gender
 - b. Age
 - c. Family history
 - d. Type 2 diabetes
- 11-Which of the following is a positive health behavior?
- a. Being obese
 - b. Getting enough sleep
 - c. Smoking
 - d. Being physically inactive
 - e. Eating unhealthy diet
- 12-Having good personal health behaviors and healthy life style could affect your .
- a. Modifiable risk factors
 - b. Non - modifiable risk factors
- 13-Being over weight or obese can cause .
- a. Cardiovascular disease
 - b. Diabetes
 - c. Puts pressure on the body's organs and blood vessels

- d. All of the above
- 14- With out enough calcium a person could develop a disease called .
- a. Arthritis
 - b. Osteoporosis
 - c. Sarcopenia
 - d. Osteopenia
- 15- Fast food ,unhealthy snacks ,processed foods containamounts of cholesterol .
- a. High
 - b. Low
- 16- Having a healthy diet only keeps the body healthy and there is no affects on mental health .
- a. True
 - b. False
- 17- Not getting enough sleep over a long time can lead to .
- a. Type 2 diabetes
 - b. Obesity
 - c. Hypertension
 - d. All of the above
- 18- Practicing good personal hygiene is an effective way to protect you from .
- a. Communicable disease
 - b. Killing bad bacteria
 - c. Keeping the body clean and healthy
 - d. All of the above
- 19- Physical activity can .
- a. Increase the amount of bad cholesterol
 - b. Decrease the capacity of the lungs
 - c. Improving bone and muscle strength
 - d. Increase the risk of diabetes
- 20- A group of hormones which are released by the brain to reduce pain and increase wellbeing .
- a. Endorphins
 - b. Insulin
 - c. Thyroxin
 - d. All of the above

21-Exercise can improve mental and emotional health by .

- a. Improving energy levels
- b. Increase confidence
- c. Learn leadership skills
- d. Increase motivation to exercise

22-Having a healthy social life is important it can .

- a. Increase stress level
- b. Improving heart and lung function
- c. Reduce the body's immune system
- d. Increase depression

23-Children and teenagers should do at leastminutes of moderate to high – intensity activity each day

- a. 6
- b. 60
- c. 150
- d. 70

24-Adults aged 18–64 years old should do at leastminutes of high intensity activity each week

- a– 150
- b– 75
- c– 100
- d– 50

25- Which of the following activities are considered (high intensity activity).

- a. Golf
- b. Swimming slowly
- c. Running
- d. Walking around 5Km per hours

26-All of the following activities are examples of high intensity activity except .

- a. Gardening
- b. Playing football
- c. Hiking in the mountains
- d. Swimming fast laps

27-Ameans that person does not do regular physical activity .

- a. Healthy lifestyle
- b. Sedentary lifestyle

28- When people are made immune or resistant to an infectious disease .

- a. Screening
- b. Immunisation
- c. Diagnostic tests
- d. All of the above

29- The disease that have been eliminated from world wide.

- a. Smallpox
- b. Flue
- c. Pneumonia
- d. Diaphoresis

30- A test to identify a disease before a person has any signs or symptoms .

- a. Immunization
- b. Screening
- c. Diagnostic tests
- d. All of the above

31- The way of isolating an infected person and anyone who has come into contact with this person is .

- a. Hygiene
- b. Screening
- c. Quarantine
- d. Immunisation

32- PPE for healthcare setting includes all the following except .

- a. Gloves
- b. Masks
- c. Overalls
- d. Sunglasses

Question 2 .match

Infection control program

Gloves ,masks, gowns, overalls , eye protection

PPE

An infection of the brain and spinal cord

Meningitis

Having a plan in every health setting that explains how to identify and prevent infections

UTI

Affects the kidney and bladder

Question 3: match :

Immunization

Genetics

Modifiable

Sedentary

Blood pressure

Cholesterol

Infection

Can be changed

A fat that your body needs to work properly

Having an inactive lifestyle

How hard the blood is pushing against the walls of the arteries

The science of heredity

A disease caused by germs that enter the body

The process whereby a person is made resistant to an infectious disease

Question 4 :fill in the blanks :

Communicable	Immune system	Bacteria
Viruses	Sleep	Exercising

Having a healthy lifestyle can help to prevent you from getting somediseases .this is because hf you are healthy ,your body's could be more able to fight the Andyou can help your immune system stay healthy by eating foods that contain lots of different nutrients getting enough and

Question 5 :Classify :which of these risk factors are modifiable and non – modifiable ?

Sedentary life style -ethnicity -smoking -high stress levels -gender -family history -high blood cholesterol -age -being over weight -family history -type 2 diabetes

Modifiable risk factors	Non – modifiable risk factors

Classify screening tests at different ages :

Blood pressure – cardiovascular disease – osteoporosis -bowel cancer -diabetes -glaucoma -breast cancer -cervical screening -skin cancer check- prostate screening -BMI

20s and 30s	40 s	50s and 60s