

T2 G12 UNIT 5

Disease Prevention (Exam Practice)

Multiple Choice Questions (MCQs):

1.	A _____ or an illness is a medical condition that stops a person's body from working properly.	
(A)	pain	
(B)	disease	
(C)	measurement	
(D)	skill	

2.	Disease _____ means stopping or lowering the chance of getting a disease or illness.	
(A)	detection	
(B)	manifestation	
(C)	prevention	
(D)	creation	

3.	Diseases caused by bacteria, viruses and parasites that can be spread from one person to another are known as a _____.	
(A)	non modifiable risk factors	
(B)	non communicable disease	
(C)	modifiable risk factors	
(D)	communicable disease	

4.	_____ risk factors are the risk factors that you cannot change.		
	(A)	Communicable	
	(B)	Modifiable	
	(C)	Non-modifiable	
	(D)	Non communicable	

5.	The best way that people can lower their risk of disease is by:		
	(A)	living a healthy lifestyle	
	(B)	practicing good personal hygiene	
	(C)	having regular medical check-ups	
	(D)	All of the above	

6.	_____ is an example of a non communicable disease.		
	(A)	Corona virus	
	(B)	Cardiovascular disease	
	(C)	Common cold	
	(D)	Measles	

7.	_____ is an example of a modifiable risk factor.		
	(A)	Gender	
	(B)	High blood pressure (hypertension)	
	(C)	Ethnicity	
	(D)	Family history	

8.	_____ may be described as a large group of people who have the same customs or origin.	
(A)	Ethnicity	
(B)	Gender	
(C)	Mass audience	
(D)	People	

9.	Personal health behaviours are lifestyle habits that can affect a person's health. An example of a positive health behaviour is:	
(A)	Not getting enough sleep	
(B)	Poor personal hygiene	
(C)	Living a sedentary lifestyle	
(D)	Having good personal hygiene	

10.	Being _____ is a risk factor for many diseases such as cardiovascular disease or diabetes.	
(A)	mentally aware	
(B)	healthy	
(C)	physically active	
(D)	overweight or obese	

11.	Having a healthy diet is related to your mental health and improving your diet may:	
(A)	improve your mood	
(B)	lower your stress levels	
(C)	help you think more clearly	
(D)	All of the above.	

12.	You should aim to get between _____ of sleep a night as a way of getting enough sleep regularly in order to reduce the risk of disease.		
	(A)	4-6 hours	
	(B)	12-14 hours	
	(C)	5 hours	
	(D)	7-9 hours	

13.	_____ describes how you keep yourself and your surroundings clean.		
	(A)	Practice	
	(B)	Personal hygiene	
	(C)	Health	
	(D)	Immunisation	

14.	_____ regularly can help to stop bacteria and viruses from spreading.		
	(A)	Physical activity	
	(B)	Washing your hands	
	(C)	Sleeping	
	(D)	Sweating	

15.	Doing regular physical activity can _____ .		
	(A)	help you to increase your body weight	
	(B)	help you to control your body weight.	
	(C)	increase the risk of getting heart disease and stroke	
	(D)	reduce bone and muscular strength	

16.	Exercise is good for your mental and emotional health as it makes your body release _____ which can help reduce stress and improve your mood.	
(A)	enzymes	
(B)	endorphins	
(C)	bacteria	
(D)	oxygen	

17.	Taking part in group sports can help improve your social health by allowing you to _____.	
(A)	decrease confidence	
(B)	become anti social	
(C)	learn leadership skills	
(D)	Decrease motivation to exercise	

18.	The World Health Organisation recommends that children and teenagers aged 5-17 years old should do _____.	
(A)	at least 60 minutes of moderate to high-intensity activity each day.	
(B)	at least 60 minutes of moderate to high-intensity activity each week.	
(C)	at least 150 minutes of moderate-intensity physical activity or 75 minutes of high-intensity activity each week should be done	
(D)	at least 150 minutes of moderate to high-intensity activity each day.	

19.	The World Health Organisation recommends that adults aged 18-64 years old should do:	
(A)	At least 150 minutes of moderate-intensity physical activity or 75 minutes of high-intensity activity each week should be done.	
(B)	at least 60 minutes of moderate to high-intensity activity each week.	
(C)	at least 150 minutes of moderate to high-intensity activity each day.	
(D)	All of the above.	

20.	Moderate-intensity activity is when you are working at _____ of your maximum heart rate (MHR).	
(A)	20%	
(B)	70-80%	
(C)	80-85%	
(D)	60-70%	

21.	A high-intensity activity is an exercise that creates a big increase in your heart and breathing rate working at 80-85% of your maximum heart rate (MHR).	
(A)	20%	
(B)	70-80%	
(C)	80-85%	
(D)	60-70%	

22.	A _____ means that a person does not do regular physical activity.	
(A)	healthy lifestyle	
(B)	sedentary lifestyle	
(C)	unhealthy lifestyle	
(D)	strict lifestyle	

23.	_____ is when people are made immune or resistant to an infectious disease, usually by the injection of a vaccine.	
(A)	Screening	
(B)	Diagnostic test	
(C)	Immunisation	
(D)	Infection	

24.	_____ is when you already have the antibodies to fight against a disease should the disease enter your body again in future.	
(A)	Vaccination	
(B)	Infection	
(C)	Inflammation	
(D)	Immunity	

25.	Vaccinations save an estimated _____ every year.	
(A)	2.5 million lives	
(B)	10 million lives	
(C)	6 million lives	
(D)	500 000 lives	

26.	_____ are medical tests that doctors use to check for diseases and health conditions in people before there are any signs and symptoms.	
(A)	Vaccination status	
(B)	Diagnostic tests	
(C)	Health visits	
(D)	Screenings	

27.	Regular health checks and screenings are extremely important in disease prevention as they can:	
(A)	diagnose diseases or health issues before they start to affect you	
(B)	allow you to keep track of your health, such as weight and blood pressure	
(C)	give you peace of mind	
(D)	All of the above	

28.	Men in their 40s should do a screening for _____	
(A)	Breast cancer	
(B)	cardiovascular disease and prostate cancer	
(C)	osteoporosis	
(D)	All of the above	

29.	The type of test for that is used in screening to determine prostate cancer for men over 45 years old is _____	
(A)	Blood pressure measurement	
(B)	Blood test or physical examination	
(C)	lipids test	
(D)	Body mass index (BMI) and waist circumference	

30.	If a person gets a 'positive' result from screening, _____	
(A)	it means they might have the condition they were screened for require further tests to confirm the results	
(B)	it means that they will never develop the condition in the future.	
(C)	it means they are at low risk of having the condition they were screened for.	
(D)	it means they are healthy.	

31.	_____ are done when a person has signs or symptoms of a disease or has had a positive result from a general screening.	
(A)	X rays	
(B)	Diagnostic tests	
(C)	Dietary methods	
(D)	Physiotherapy	

32.	Three things are needed for an infection to spread are a source, a person and _____.	
(A)	material	
(B)	infection	
(C)	bacteria	
(D)	transmission	

33.	_____ is when antibiotics are overused over time and are no longer as effective in killing bacteria.	
(A)	Antibiotic resistance	
(B)	Antibiotic dependence	
(C)	Antibiotic restraint	
(D)	Antibiotic chemicals	

34.	The most common types of healthcare infections are:	
(A)	surgical infections, in the area a person has been operated on	
(B)	bloodstream infections	
(C)	meningitis, an infection of the brain and spinal cord	
(D)	All of the above	

35.	PPE stands for _____	
(A)		
(B)		
(C)		
(D)	personal protective equipment	

36.	An example of infection control in day-to-day life is _____	
(A)	coughing or sneezing into a tissue	
(B)	sharing personal items with others	
(C)	not staying at home when you are sick	
(D)	not washing your hands properly and regularly	

Activity Based Questions:

37.	Pick the two correct answers: _____ and _____ are two examples of non modifiable risk factors.	
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(A)	Genetics
(B)	Overweight
(C)	Stress
(D)	Gender

38.	If a person's hair can be pulled out very easily, it could mean they are low in protein.	
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(A)	True
(B)	False

39.	Pick the two correct answers: Two diseases the UAE vaccinates children against diseases such are _____ and _____	
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(A)	Asthma
(B)	Tuberculosis (BCG)
(C)	Cardiovascular disease
(D)	Hepatitis B (Hep B)

40.	_____ and _____ are two of the four of the most common non communicable diseases.	
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(A)	cardiovascular disease
(B)	osteoporosis
(C)	cancer
(D)	gastroenteritis

