

**Baraem Al Ain Private School**

All Classes, From KG to Grade 12, Boys & Girls  
Licence No. 130, 1985 - Baniyas



**مدرسة براعم العين الخاصة**

جميع المراحل من الروضة حتى المرحلة الثانوية العامة بنين + بنات  
ترخيص رقم : 130 لسنة 1985 - بني ياس



**HEALTH SCIENCES  
G12 (GIRLS) ~ TERM 2  
2023 ~ 2024**

Believe in yourself, stay strong, do the impossible  
Arwa Abdelmoneim

## Unit 5 (Disease Prevention)

1.

Read the following statement and decide which risk factor for disease that it describes.

South Asian people are 50% more likely to develop heart disease than European people.

- |     |                |
|-----|----------------|
| (A) | Gender         |
| (B) | Age            |
| (C) | Ethnicity      |
| (D) | Family history |

2.

Which of the following behaviours can reduce the chances of developing a non-communicable disease, such as cancer?

- |     |                                |
|-----|--------------------------------|
| (A) | Exercising more                |
| (B) | Stopping smoking               |
| (C) | Eating a well-balanced diet    |
| (D) | All of the options are correct |

3.

Rashid has a sedentary lifestyle. Which of these recommendations would reduce the impact a sedentary lifestyle will have on Rashid's health?

- |     |                             |
|-----|-----------------------------|
| (A) | Increase screen time        |
| (B) | Wake up earlier at weekends |
| (C) | Go for a daily walk         |
| (D) | Avoid outdoor activities    |

4.

List one type of moderate-intensity physical activity.

5.

Injecting a very small amount of a disease-causing virus into the body causes the immune system to create antibodies. These antibodies can fight off the disease if it enters the body in the future.

The description above explains which type of disease prevention?

- |     |                  |
|-----|------------------|
| (A) | Screening        |
| (B) | Vaccines         |
| (C) | PCR testing      |
| (D) | Diagnostic tests |

6.

Explain one difference between screening tests and diagnostic tests.

7.	Which of the following conditions are women <b>not</b> screened for?	
	(A)	Prostate cancer
	(B)	Breast cancer
	(C)	Bowel cancer
	(D)	Cervical cancer

8.	A colonoscopy is a type of test that can be used to screen for_____.	
	(A)	breast cancer
	(B)	cervical cancer
	(C)	prostate cancer
	(D)	bowel cancer

9.	List one method of infection control that you would expect to find in a hospital or clinic.	

10.	Select the disease that children are vaccinated against as part of the UAE National Immunisation Programme.	
	(A)	Epilepsy
	(B)	Arthritis
	(C)	Polio
	(D)	Asthma
	(E)	Rickets
	(F)	COVID-19

11.	Which of the following risk factors for disease is modifiable?	
	(A)	Gender
	(B)	Age
	(C)	Sedentary lifestyle
	(D)	Family history

12.	Moderate-intensity activity can be identified as when you are working at _____ % of your maximum heart rate.	
	(A)	20-30
	(B)	70-80
	(C)	80-85
	(D)	100

13.	Too much cholesterol in the body can _____.	
	(A)	block blood vessels
	(B)	stop insulin production
	(C)	weaken bones
	(D)	reduce lung capacity (space)

14.	List <b>one</b> communicable disease.	

15.	Which of the following is an example of immunisation?	
	(A)	Blood test
	(B)	Physical examination
	(C)	Vaccination
	(D)	X-ray

16.	What does it mean if a person receives a negative result from disease screening?	
	(A)	They are at low risk of having the condition they were screened for
	(B)	They should do further diagnostic tests to confirm the results
	(C)	They will never develop the condition for the rest of their life
	(D)	They might have the condition that they were screened for

17.	If you receive a positive result from a general screening for diabetes, you should complete _____.	
	(A)	a diagnostic test
	(B)	immunisations
	(C)	a vaccination programme
	(D)	an antibiotic course

18.	The way that germs move from person to person is known as _____.	
	(A)	the source
	(B)	transmission
	(C)	infection
	(D)	disease

19.	Body mass index (BMI) and waist circumference are used to screen for _____.	
	(A)	hypertension
	(B)	high cholesterol
	(C)	obesity
	(D)	diabetes

20.	At what life stage should people be screened for osteoporosis?	
	(A)	In their teens
	(B)	In their 20s
	(C)	In their 40s
	(D)	In their 60s

21.	Which of the following can help to prevent a communicable disease?	
	(A)	Stopping smoking
	(B)	Losing weight
	(C)	Doing exercise daily
	(D)	Good personal hygiene

22.	Fill in the blanks.	
	<p>Good personal hygiene can protect you from _____ diseases. If you don't have good personal hygiene, dirt and _____ could build up on your body. If you keep your body and _____ clean it can help stop bacteria and viruses from spreading.</p> <p>a. communicable      b. hands      c. bacteria</p>	

23.	In what way can physical activity reduce the risk of illness or disease? Give one reason.	

24.	Which of the following are non-modifiable risk factors? Choose two.	
	(A)	Age
	(B)	Weight
	(C)	Type 2 diabetes
	(D)	Gender
	(E)	High stress levels

25.	How can you improve your sleep?	
	(A)	Drink caffeine before bed
	(B)	Use your phone or laptop in bed
	(C)	Go to bed at the same time every night
	(D)	Aim for 3-5 hours of sleep a night

26.	Fill in the blanks.	
	Exercise _____ is how hard your body works while doing physical activity.	
	Moderate-intensity activity is when you are working at _____ of your maximum heart rate. High-intensity activity is when you are working at _____ of your maximum heart rate.	

a. 80-85%      b. 70-80%      c. intensity

27.	A colonoscopy test is used to screen for which disease?	
	(A)	Obesity
	(B)	Hypertension
	(C)	Bowel cancer
	(D)	Breast cancer

28.	Which of the following tests is used to screen for diabetes?	
	(A)	Blood pressure measurement
	(B)	Fasted blood glucose test
	(C)	Pap smear test
	(D)	Mammogram

29.	When should a doctor use a diagnostic test?	
	(A)	To check for early signs of a disease
	(B)	To confirm the presence or absence of a disease
	(C)	If a person is not showing signs or symptoms of a disease
	(D)	If a person has had a negative result from a screening test

30.	Match the following words to their correct definition.	
		Definition
	1. Immunisation	
	2. Screening	
	a) Giving people a vaccination to make them resistant to an infectious disease	

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

31.	Which of the following is a modifiable risk factor of disease?	
	(A)	Gender
	(B)	Ethnicity
	(C)	Age
	(D)	Smoking

32.	Which of the following is a non-modifiable risk factor of disease?	
	(A)	Being overweight
	(B)	A sedentary lifestyle
	(C)	Family history
	(D)	Hypertension

33.	What is immunisation?	
	(A)	A tool used to test for a disease or illness
	(B)	A way to keep track of physical and mental health
	(C)	An injection that makes people immune to a disease
	(D)	An examination to test if people are resistant to a disease

34.	Name two behaviours that are good for your physical health.	

35.	What is screening?	
	(A)	Where germs are found, such as home surfaces
	(B)	A way to check for diseases before any symptoms appear
	(C)	When people are made resistant to diseases using vaccines
	(D)	A type of healthcare infection that can be prevented

36.	A patient has an infectious disease that can spread fast. Which of the following is most effective in preventing the infection from spreading to more people?	
	(A)	Quarantining the patient until they are fully recovered
	(B)	Make the patient wear gloves when walking around the hospital
	(C)	Screen the patient for any other diseases or illnesses
	(D)	Increase the number of nutrients and healthy fats consumed

37.	A lipid test is used to screen for _____.	
	(A)	high cholesterol
	(B)	bowel cancer
	(C)	high blood pressure
	(D)	obesity

38.	Which test is used to screen for breast cancer?	
	(A)	Pap smear test
	(B)	Blood test
	(C)	Mammogram
	(D)	Lipid test

39.	Describe one way to prevent hospital infections.	



40.	What is antibiotic resistance?	
	(A)	When a patient refuses to take prescribed antibiotics
	(B)	When the overuse of antibiotics reduces their effectiveness
	(C)	When germs are transmitted to a person
	(D)	When antibiotics are effective in killing bacteria

41.	Which of the following is a common non-communicable disease?	
	(A)	COVID-19
	(B)	Influenza
	(C)	Malaria
	(D)	Cancer

42.	What is the name of the medical procedure that involves giving a person a vaccine to prevent them from getting a disease?	
	(A)	Screening
	(B)	Immunisation
	(C)	Diagnostic test
	(D)	All of the options are correct

43.	Name one place that you could get a healthcare infection.	

44.	Identify if the following risk factors for disease are modifiable or non-modifiable by writing the correct answer in the column on the right.	
	1. Age	<input type="text"/>
	2. Overweight	<input type="text"/>
	3. Genetics	<input type="text"/>

45.	Mohamed does not get enough calcium from his diet, which disease is he at risk of developing?	
	(A)	Cancer
	(B)	Osteoporosis
	(C)	Heart disease
	(D)	Diabetes

46.	Which of the following benefits of exercise affects mental and emotional health?	
	(A)	It increases bone density and muscle mass
	(B)	It reduces the amount of cholesterol in the blood
	(C)	It releases endorphins which improve mood
	(D)	It improves lung function



47.	Age, gender and _____ are examples of non-modifiable risk factors.	
	(A)	family history
	(B)	stress levels
	(C)	high cholesterol
	(D)	blood pressure

48.	What is the name given to the immunisation schedule to vaccinate children in the UAE against many different diseases?	

49.	Write two examples of high-intensity physical activity.	

50.	Which of the following diseases should only men over 45 years old be screened for?	
	(A)	Prostate cancer
	(B)	Breast cancer
	(C)	Cervical cancer
	(D)	All of the options are correct

51.	Which of the following is considered a positive health behaviour?	
	(A)	Having a sedentary lifestyle
	(B)	Eating a balanced diet
	(C)	Sleeping for 4 hours per night
	(D)	Being dehydrated

52.	Explain one difference between screening tests and diagnostic tests.	

53.	Which of the following is a modifiable risk factor for disease?	
	(A)	Genetics
	(B)	Ethnicity
	(C)	Gender
	(D)	Hypertension

54.	Having too much cholesterol can increase the risk of diseases in the ____.	
	(A)	heart
	(B)	lungs
	(C)	nerves
	(D)	liver

55.	Which of the following diseases could be spread by someone with poor personal hygiene?	
	(A)	Diabetes
	(B)	Hypertension
	(C)	Asthma
	(D)	COVID-19

56.	What does it mean if a person receives a negative result from disease screening?	
	(A)	They are at low risk of having the condition they were screened for
	(B)	They should do further diagnostic tests to confirm the results
	(C)	They will never develop the condition for the rest of their life
	(D)	They might have the condition that they were screened for

57.	Define a sedentary lifestyle.	

58.	Name two diseases that children are vaccinated against in the UAE National Immunisation Programme.	

59.	Women aged 25-65 should be screened for ____.	
	(A)	cervical cancer
	(B)	breast cancer
	(C)	prostate cancer
	(D)	all of the options are correct

60.	If something is non-modifiable, then ____.	
	(A)	you can change it
	(B)	you have no control over it
	(C)	it can increase the risk of disease
	(D)	it can prevent illness or disease

61.	Which of the following is a non-modifiable risk factor of disease?	
	(A)	Being overweight
	(B)	A sedentary lifestyle
	(C)	Family history
	(D)	Hypertension

62.	Name two behaviours that are good for your physical health.	

63.	Noor received a positive result after a screening test for cervical cancer. What does this mean?	
	(A)	Noor has been diagnosed with cervical cancer
	(B)	Noor is at a low risk of developing cervical cancer
	(C)	Noor may have cervical cancer and should do more tests to confirm
	(D)	Noor is immune or resistant to cervical cancer

64.	A patient has an infectious disease that is highly contagious. Which of the following is most effective in preventing the infection from spreading to more people?	
	(A)	Quarantining the patient until they are fully recovered
	(B)	Make the patient wear gloves when walking around the hospital
	(C)	Screen the patient for any other diseases or illnesses
	(D)	Increase the number of nutrients and healthy fats consumed

65.	A pap smear test is used to screen for _____.	
	(A)	prostate cancer
	(B)	bowel cancer
	(C)	breast cancer
	(D)	cervical cancer

66.	Which test is used to screen for breast cancer?	
	(A)	Pap smear test
	(B)	Blood test
	(C)	Mammogram
	(D)	Lipid test

67.	Describe one difference between a screening test and a diagnostic test.	

68.	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

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

70.	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

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

72.	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

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

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

75.	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.

76.	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

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

78.	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

79.	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.

80.	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.

81.	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%

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

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

84.	_____ 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

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

86.	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

87.	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

88.	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.

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

90.	Pick the <b>two</b> correct answers:	
	____ and ____ are two examples of non modifiable risk factors.	
	(A)	Genetics
	(B)	Overweight
	(C)	Stress
	(D)	Gender

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

92.	Pick the <b>two</b> correct answers:	
	Two diseases the UAE vaccinates children against diseases such are ____ and ____	
	(A)	Asthma
	(B)	Tuberculosis (BCG)
	(C)	Cardiovascular disease
	(D)	Hepatitis B (Hep B)



93.	Pick the <b>two</b> correct answers:	
	_____and_____are two of the four of the mostcommon non communicable diseases.	
	(A)	cardiovascular disease
	(B)	osteoporosis
	(C)	cancer
	(D)	gastroenteritis

94.	Which of the following is incorrect about Disease prevention	
	(A)	Includes living a healthy lifestyle
	(B)	Increase the chance of getting a chronic disease
	(C)	can lower their risk of disease
	(D)	Includes regular medical check-ups

95.	Which of the following is incorrect about communicable disease	
	(A)	Are mostly chronic diseases
	(B)	Caused by unhealthy lifestyle behaviours
	(C)	cannot be spread from one person to another.
	(D)	can be spread from one person to another.

96.	An example of a non-communicable disease:	
	(A)	Covid-19
	(B)	Influenza
	(C)	Osteoporosis
	(D)	Smallpox

97.	A non-modifiable disease risk factor thar depends on whether you are male or female.	
	(A)	Gender
	(B)	Ethnicity
	(C)	Genetics
	(D)	Age

98.	Being overweight or obese is a risk factor for all of the following except:	
	(A)	cardiovascular disease
	(B)	Allergies
	(C)	stroke
	(D)	Diabetes

99.	Consuming enough calcium-rich foods such as milk, cheese and yoghurt help to prevent	
	(A)	Diabetes
	(B)	Stroke
	(C)	Obesity
	(D)	Osteoporosis

100.	High amount of cholesterol can be found in	
	(A)	Fast food
	(B)	Fruit and vegetables
	(C)	Complex carbs
	(D)	Avocados

101.	One of the following is not a physical benefit of physical activity	
	(A)	Helping to control body weight.
	(B)	lower your stress levels
	(C)	Reducing the risk of heart disease and stroke
	(D)	Improving bone and muscular strength

102.	One of the following is a correct (WHO) recommended guidelines for exercise in age group (5-17):	
	(A)	at least 60 minutes of moderate to high-intensity activity each day
	(B)	At least 150 minutes of moderate-intensity physical activity each week
	(C)	At least 75 minutes of high-intensity activity each week should be done
	(D)	Should not do activities that strengthen muscles and bones.

103.	One of the following is incorrect about moderate-intensity activity	
	(A)	working at 70-80% of your maximum heart rate
	(B)	You should still be able to talk comfortably
	(C)	sweating heavily.
	(D)	Includes gardening/heavy housework

104.	One of the following is incorrect about vaccinations	
	(A)	Vaccines reduce the risk of getting a disease by working with the body's natural defences to build protection.
	(B)	Vaccinations are important for the prevention and control of infectious disease outbreaks.
	(C)	Vaccination includes blood tests, scans, and physical examinations.
	(D)	Vaccinations save an estimated 2.5 million lives every year.

105.	One of the following screening tests is done starting from our 20s and 30s:	
	(A)	Eye checks for glaucoma
	(B)	Osteoporosis risk assessment.
	(C)	Cholesterol and glucose levels
	(D)	Bowel cancer screening.

106.	One of the following screening tests is done starting from our 40s	
	(A)	Eye checks for glaucoma
	(B)	Osteoporosis risk assessment.
	(C)	Cholesterol and glucose levels
	(D)	Bowel cancer screening.

107.	Fasting blood glucose/lipids test done every 3 years to test for:	
	(A)	Diabetes
	(B)	Bowel cancer
	(C)	Hypertension (high blood pressure)
	(D)	Prostate cancer

108.	A positive screening test result:	
	(A)	means you are at low risk of having the condition
	(B)	Means you do not have the condition
	(C)	Confirms the presence of a disease
	(D)	Means you should go through more tests to confirm the presence of a disease.

109.	an approach that aims to prevent patients and healthcare workers being harmed by avoidable infections.	
	(A)	Vaccination
	(B)	Antibiotic resistance
	(C)	Infection spread
	(D)	Infection control

110.	Pneumonia is one of the most common types of healthcare infections, it affects	
	(A)	The urinary tract
	(B)	The lungs
	(C)	The surgical site
	(D)	The blood

111.	Isolating the person who has an infection and in some cases anyone who has come into contact with this person.	
	(A)	Quarantine
	(B)	immunization
	(C)	Social distancing
	(D)	Decontamination

112.	(PPE) in infection control stand for:	
	(A)	Personal protective equipment
	(B)	Personal protection eye goggles
	(C)	Parasites protection elements
	(D)	Personal panned equipment

113.	using televisions, laptops, or phones in the bedroom can help to improvesleeping quality.	
	(A)	True
	(B)	False

114.	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	
	(A)	True
	(B)	False

115.	<b>Choose four</b> of the answers below.	
	The effects of poor quality sleep over a long time	
	(A)	type 2 diabetes
	(B)	high blood pressure
	(C)	Loneliness
	(D)	heart disease
	(E)	poor mental health
	(F)	Increased energy levels

116.	<b>Choose four</b> of the answers below.	
	Examples of high-intensity activity include:	
	(A)	Swimming slowly
	(B)	Gardening/heavy housework
	(C)	Cycling (over 16km per hour)
	(D)	Swimming fast laps
	(E)	Hiking in the mountains
	(F)	Playing sports such as football

117.	<b>Choose four</b> of the answers below.	
	Screening tests that should be done at our 20s and 30s	
	(A)	Dental check and cleaning
	(B)	BMI, waist, and hip measurements
	(C)	Cardiovascular disease risk assessment
	(D)	Sight and hearing tests
	(E)	Cholesterol and glucose levels
	(F)	Diabetes risk assessment

118.	<b>Choose three</b> of the answers below.	
	Some causes of <b>poor sleep</b> are...	
	(A)	Stress
	(B)	Caffeine intake in the evening
	(C)	Reading a book before sleep
	(D)	Exercising before sleep
	(E)	Food before sleep

119.	Which type of medical test is used to screen for breast cancer:	
	(A)	Mammogram
	(B)	Pap smear test
	(C)	Colonoscopy
	(D)	Lipid test

120.	Why is it important to do regular health checks and screening for diseases	
	(A)	To diagnose early, before they start to affect the person
	(B)	To increase people's resistance and immunity to disease
	(C)	To make people worried about their health
	(D)	To identify modifiable risk factors for disease

121.	Which of the following can cause a person to develop a disease or illness	
	(A)	Poor lifestyle
	(B)	Bacteria and parasites
	(C)	Family history of disease
	(D)	All of the above

122.	What is disease prevention	
	(A)	Treating a disease after it been diagnosed
	(B)	Stopping a disease from developing in the first place
	(C)	Testing for disease when symptoms develop
	(D)	Increasing the risk of developing a disease

123.	A risk factor is something that      a person's chance of developing a disease	
	(A)	Reduces
	(B)	Increases
	(C)	Stops
	(D)	Decreases

124.	What does it mean to have a positive screening result	
	(A)	The person is at a low risk of developing the disease
	(B)	The person does not have the disease
	(C)	The person might have the disease
	(D)	The person is immune to the disease

125.	If something is modifiable, then:	
	(A)	It can be changed
	(B)	It cannot be changed
	(C)	It increases the risk of disease
	(D)	It decrease the risk of disease

126.	In what way does physical activity benefit your social health	
	(A)	Increased attention span
	(B)	Develop new leadership skills
	(C)	Increased muscular strength
	(D)	Increased endorphins

127.	Which disease or condition do lipid tests screen for	
	(A)	Breast cancer
	(B)	Bowel cancer
	(C)	High cholesterol
	(D)	Prostate cancer

128.	Khalifa received a positive result after his prostate cancer screening test. What does this result mean	
	(A)	Khalifa has been diagnosed with cervical cancer
	(B)	Khalifa is at a low risk of developing prostate cancer
	(C)	Khalifa should do further tests to confirm if he has prostate cancer
	(D)	Khalifa is immune to prostate cancer

129.	Which of the following statements about disease prevention is true	
	(A)	Non-communicable diseases are spread by bacteria and parasites
	(B)	Good personal hygiene can help to prevent communicable diseases
	(C)	Eating healthy food can weaken your immune system
	(D)	It is possible to test for disease when symptoms are present

130.	Ahmed has been advised to go for a colonoscopy. What disease does this test screening for	
	(A)	Breast cancer
	(B)	Cervical cancer
	(C)	Prostate cancer
	(D)	Bowel cancer

131.	Which of the following is a positive health behaviour	
	(A)	Getting 4 hours of sleep every day
	(B)	Eating fast food and unhealthy snacks
	(C)	Washing your hands before eating
	(D)	Having a sedentary lifestyle

132.	Which of the following can help to prevent a non-communicable disease such as diabetes	
	(A)	Washing your hands regularly
	(B)	Maintain a healthy body weight
	(C)	Staying away from people who are unwell
	(D)	Disinfecting shared areas

133.	In what way does physical activity benefit your mental health	
	(A)	Increased endorphins
	(B)	Improved muscular strength
	(C)	Reduced risk of disease
	(D)	Increased body fat

Arwa Abdelmoneim



## Unit 6 (Assessment of nutritional status)

1.	A DEXA scanner is the most accurate way to measure ____.	
	(A)	weight
	(B)	BMI
	(C)	body fat
	(D)	waist circumference
2.	A child who is low height for their age is said to be ____.	
	(A)	stunting
	(B)	wasting
	(C)	underweight
	(D)	obese
3.	List the two types of overnutrition.	
4.	Define the term 'malnutrition'.	
5.	Fatima has a BMI of 28.7. Which category does she belong to?	
	(A)	Underweight
	(B)	Normal weight
	(C)	Overweight
	(D)	Obese
6.	Write the formula to calculate body fat percentage.	
7.	What is the most <b>accurate</b> method of measuring nutritional status?	
	(A)	Anthropometry
	(B)	Biochemical methods
	(C)	Clinical methods
	(D)	Dietary methods

8.	Which of the following is an example of how <b>socioeconomic status</b> affects food choice?	
	(A)	If someone has limited income, they may not be able to spend money on food
	(B)	If there are natural disasters or war, the food supply may be limited
	(C)	If a Muslim person moves to a non-Islamic country, they may find it hard to find halal food options
	(D)	A plant-based diet is low in nutrients such as protein and iron

9.	Identify one disadvantage of food frequency questionnaires.	

10.	A high level of abdominal fat is linked to which disease?	
	(A)	Epilepsy
	(B)	Osteoporosis
	(C)	Food allergies
	(D)	Cardiovascular disease

11.	Which medical professional will often measure the nutritional status of a person?	
	(A)	Doctor
	(B)	Dietitian
	(C)	Pharmacist
	(D)	Midwife

12.	Obesity is a sign of _____.	
	(A)	overnutrition
	(B)	undernutrition
	(C)	stunting
	(D)	wasting

13.	Which anthropometric measurement will show if a person has a high level of <b>abdominal fat</b> ?	
	(A)	weight
	(B)	height
	(C)	waist circumference
	(D)	body mass index

14.	Write the formula used to calculate body mass index (BMI).	

15.	Which dietary method of assessing nutritional status requires the patient to weigh their food using scales?	
	(A)	Food frequency questionnaire
	(B)	Twenty-four-hour dietary recall
	(C)	Three-day food diary
	(D)	Body fat percentage

16.	List two <b>environmental factors</b> that can affect food choice and nutritional status.	

17.	Thin, indented nails are a physical sign of which deficiency?	
	(A)	Vitamin D
	(B)	Iron
	(C)	Calcium
	(D)	Vitamin C

18.	Fahad has a BMI of 18.2, which category does he belong to?	
	(A)	Underweight
	(B)	Normal weight
	(C)	Overweight
	(D)	Obese

19.	What does 'B' stand for in the ABCDE methods of assessing nutritional status?	

20.	Clinical methods of assessing nutritional status involve_____.	
	(A)	collecting blood samples
	(B)	collecting urine samples
	(C)	measuring various parts of the body
	(D)	a physical examination of the body

21.	Match the following methods of assessing nutritional status to the correct category.	
		<b>Method</b>
	1. Anthropometric	
	2. Biochemical	
	3. Clinical	
	4. Dietary	
a) Food frequency questionnaire b) Checking physical appearance of fingernails c) Measuring the skinfold thickness d) Taking a blood or urine sample		

22.	Calculate the body fat percentage of a 25-year-old man who weighs 64kg in total and has 18kg of body fat. Interpret the results.

23.	Which of the following pieces of information are required to calculate body mass index (BMI)?	
	(A)	Weight and height
	(B)	Height and age
	(C)	Weight and gender
	(D)	Weight and body fat percentage

24.	How should you accurately measure a person's height?	
	(A)	Place a measuring tape around the waist
	(B)	Wear shoes to add extra height
	(C)	Stand straight with back against the measure
	(D)	Remove any heavy items from pockets

25.	Rashid is 16 years old and 165 cm tall. Using the WHO's height-for-age growth chart for boys, answer the following questions.
	<div><div>a. What percentile does his height lie?</div><div>b. Explain the results.</div></div>

26.	Name one advantage and one disadvantage of using a food frequency questionnaire to assess nutritional status.

27.	What information is needed to calculate body fat percentage?
	(A) BMI, body weight and age
	(B) Body fat, age and BMI
	(C) Body weight, body fat and height
	(D) Body weight, body fat and age

28.	Fill in the blanks.
	It is important to measure _____ alongside body fat percentage to assess health. This is because a person could be _____ according to their BMI, but their body fat percentage could be quite low. This happens with people who have a lot of _____. a. muscle      b. BMI      c. overweight

29.	Which of the following best describes malnutrition?
	(A) A person who eats a wide range of food groups
	(B) A person who lacks certain nutrients in their diet
	(C) A person who does not eat any food
	(D) All of the above

30.	Describe how callipers are used to measure body fat.

31.	Which of the following is needed to calculate body mass index (BMI)?
	(A) Body fat percentage and age
	(B) Gender and Weight
	(C) Weight and height
	(D) Skinfold thickness and height

32.	Fill in the blanks.
	Anthropo means '_____ ' and metry means 'measurement'. Anthropometry is the study of _____ measurements of the body. This includes measuring height and _____ circumference. a. physical      b. waist      c. human

33.	Give one example of a biochemical method of assessing nutritional status.

34.	Which of the following are biochemical methods of assessing nutritional status? Choose two.	
	(A)	Recording waist circumference
	(B)	Measuring height
	(C)	Testing memory recall
	(D)	Testing blood sample
	(E)	Testing urine sample

35.	Completing a food frequency questionnaire is an example of a _____ method of assessing nutritional status.	
	(A)	anthropometry
	(B)	biochemical
	(C)	clinical
	(D)	dietary

36.	Fill in the blanks.	
	Growth charts are used to compare the growth of individuals of the same _____ . They monitor and track the _____ of boys and girls over time.	
	They can be used to identify any growth _____ that could be related to _____ .	
	a. malnutrition	b. development      c. age      d. problems

37.	A 7-year-old girl is 120 cm tall. What percentile does she lie on?	
	(A)	97 <sup>th</sup>
	(B)	85 <sup>th</sup>
	(C)	50 <sup>th</sup>
	(D)	15 <sup>th</sup>

38.	It is possible to see if a person has a nutrient deficiency by looking at their hair and nails.	
	(A)	True
	(B)	False

39.	Calculate Sultan's BMI. He is 62kg and is 1.7m tall.	
	(A)	36.4
	(B)	21.4
	(C)	25.9
	(D)	18.5

40.	Which of the following is an anthropometric method of assessing nutritional status?	
	(A)	Testing blood or urine samples
	(B)	Recording a three-day food diary
	(C)	Measuring waist circumference
	(D)	Recording the food eaten in different cultures

41.	Which of the following is a dietary method of assessing nutritional status?	
	(A)	Measuring body fat
	(B)	Testing blood samples
	(C)	Recording height
	(D)	Recording food intake

42.	Sultan weighs 67kg and has 15kg of body fat. Using the following formula, calculate Sultan's body fat percentage. body fat ÷ total body weight x 100	

43.	What is bioelectrical impedance analysis used for?	
	(A)	To measure a person's height
	(B)	To measure a person's weight
	(C)	To measure a person's body fat
	(D)	To measure a person's waist circumference

44.	Match the methods of assessing nutritional status to the correct category.	
	1. Anthropometric methods	a. Urine test
	2. Biochemical methods	b. Food frequency questionnaire
	3. Dietary assessment	c. Measuring height

45.	Name two physical clues that suggest a person may have a nutrient deficiency.	

46.	What is an advantage of using food frequency questionnaires to assess nutritional status?	
	(A)	It relies on honest responses from the individual
	(B)	Eating patterns of food are not always consistent
	(C)	The information is quick and easy to collect
	(D)	It gives an overview of eating patterns for one day



47.	Using the formula below, calculate the BMI of a Sara, who is 150cm tall and weighs 59kg.
	BMI = weight (kg) ÷ height <sup>2</sup> (m <sup>2</sup> )

48.	What does E stand for in the 'ABCDE' methods of assessing nutritional status?
	(A) Energy intake
	(B) Education factors
	(C) Early development
	(D) Environmental factors

49.	Name one anthropometric method to assess nutritional status.

50.	The height for 15-year-old males on the 50 <sup>th</sup> percentile is 168cm. What does this mean?
	(A) 3% of males are 168cm or taller
	(B) All males aged 15-years-old are shorter than 168cm
	(C) The average height for 15-year-old males is 168cm
	(D) 3% of males are 168cm or shorter

51.	Which of the following BMI readings fall into the overweight category?
	(A) 17.5
	(B) 21.5
	(C) 26.5
	(D) 31.5

52.	Calculate the body fat percentage of a boy who has 20kg of fat and has a total body weight of 75kg.

53.	In terms of undernutrition, what is the meaning of stunting?
	(A) When someone is a low weight for their height
	(B) When someone is a low height for their age
	(C) When someone is a low weight for their age
	(D) When someone is a low height for their weight

54.	How can socioeconomic status impact a person's nutritional status?

55.	Which of the following is a clinical method of assessing nutritional status?
	(A) Taking blood or urine samples
	(B) Checking the physical appearance of nails
	(C) Recording a three-day food diary
	(D) Calculating body fat percentage

56.	Sultan has a vitamin A deficiency. What does this means?
	(A) Sultan does not have enough vitamin A in his body
	(B) Sultan consumes too much vitamin A every day
	(C) Sultan should reduce the amount of vitamin A he consumes
	(D) Sultan has an allergy to vitamin A

57.	Which of the following is the most accurate method of measuring body fat
	(A) Taking a lipid test
	(B) Using a DEXA scanner
	(C) Measuring height
	(D) Calculating BMI

58.	A person who is undernourished is likely to be
	(A) Overweight
	(B) Obese
	(C) Healthy
	(D) Underweight

59.	Meera weighs 52kg and has 12kg of body fat. Calculate her body fat percentage using the formula:
	$\text{body fat} \div \text{total body weight} \times 100$
	(A) 23%
	(B) 12%
	(C) 0.23%
	(D) 4%

60.	Which type of assessing nutritional status allows healthcare professionals to identify the types of enzymes present in a patients's body
	(A) Anthropometric
	(B) Biochemical
	(C) Clinical
	(D) Dietary

61.	Sultan is on the 50 <sup>th</sup> percentile for his height-for-age. What does this mean?	
	(A)	Sultan is small in height for his age
	(B)	Sultan is tall in height for his age
	(C)	Sultan is an average height for his age
	(D)	Sultan is taller than 97% of boys his age

62.	What information does a person's skinfold thickness indicate	
	(A)	How tall or short a person is in comparison to others
	(B)	The total amount of body fat a person has
	(C)	The size of a person's waist circumference
	(D)	Nutritional deficiencies in the body

63.	In terms of undernutrition, which of the following refers to a person who is low weight for their height	
	(A)	Wasting
	(B)	Stunting
	(C)	Underweight
	(D)	Deficient

64.	Omar is 61kg and is 159cm tall. Calculate his BMI using the formula: $\text{BMI} = \text{weight (kg)} \div \text{height}^2 (\text{m}^2)$	
	(A)	24.13
	(B)	2.52
	(C)	98
	(D)	38.36

65.	Which term describes when a person has a poor nutritional status	
	(A)	Malnutrition
	(B)	Dietitian
	(C)	Micronutrient
	(D)	Macronutrient

66.	Kholood weighs 59kg and is 1.4m tall. Calculate her BMI using the following formula: $\text{BMI} = \text{weight (kg)} \div \text{height}^2 (\text{m}^2)$	
	(A)	42.1
	(B)	30.1
	(C)	23.7
	(D)	28.1

67.	Noor has been told she should maintain her body weight. What does this mean?	
	(A)	Noor should lose weight in a healthy way
	(B)	Noor should gain weight in a healthy way
	(C)	Noor should stay at the same weight
	(D)	Noor is at a high risk of disease

68.	Rashid has an iron deficiency. What does this mean?	
	(A)	Rashid consumes too much iron every day
	(B)	Rashid should reduce the amount of iron he consumes
	(C)	Rashid has an allergy to iron
	(D)	Rashid does not have enough iron in his body

69.	What information can be calculated using a person's skinfold thickness	
	(A)	Body fat percentage
	(B)	Waist circumference
	(C)	Total body weight
	(D)	Nutrient deficiencies

70.	Which of the following is a biochemical method of assessing nutritional status	
	(A)	Measuring waist circumference
	(B)	Taking urine samples
	(C)	Recording food intake
	(D)	Checking the physical appearance of nails

71.	----- methods of assessing nutritional status involve having a physical examination	
	(A)	Anthropometric
	(B)	Biochemical
	(C)	Clinical
	(D)	Dietary

72.	Medical professionals that will often measure the nutritional status of a patient.	
	(A)	Paramedics
	(B)	Dietitians
	(C)	Orthopaedics
	(D)	None of the above

73.	when the intake of nutrients matches the nutritional requirements or needs of a person	
	(A)	Overnutrition
	(B)	Undernutrition
	(C)	ideal nutritional status
	(D)	Underweight

74.	----- is used to describe someone who has a poor nutritional status	
	(A)	Undernutrition
	(B)	Overnutrition
	(C)	Ideal nutrition
	(D)	Malnutrition

75.	A malnourished person may be	
	(A)	Underweight
	(B)	Overweight
	(C)	obese.
	(D)	All of the above

76.	when a person does not eat enough food or get enough nutrients from the foods that they consume	
	(A)	Undernutrition
	(B)	Overnutrition
	(C)	Ideal nutrition
	(D)	Underweight

77.	One of the following is not an undernutrition status	
	(A)	Stunting
	(B)	Overweight
	(C)	Underweight
	(D)	Wasting

78.	----- is when a child is a low height for their age.	
	(A)	stunting
	(B)	Overweight
	(C)	underweight
	(D)	wasting

79.	One of the following describes an undernutrition status	
	(A)	Overweight
	(B)	Nutrients deficiencies
	(C)	obesity
	(D)	All of the above

80.	----- is when someone is not getting enough of certain vitamins or minerals.	
	(A)	Overweight
	(B)	stunting
	(C)	underweight
	(D)	Nutrients deficiencies

81.	One of the following is not a purpose of nutritional assessment	
	(A)	Identify people who are malnourished or at risk of malnutrition
	(B)	identify issues or diseases which may be present.
	(C)	Spread awareness about communicable diseases.
	(D)	develop healthcare programmes to meet the needs of a community

82.	Anthropometric measurements will provide a quick indication of malnutrition such as:	
	(A)	Sleeping pattern
	(B)	Eating pattern
	(C)	Sugar and cholesterol levels
	(D)	obesity, stunting and wasting.

83.	One of the following does not belong to the anthropometric measurements of nutritional assessment	
	(A)	Height and weight
	(B)	Body mass index
	(C)	Blood tests
	(D)	Body fat percentage

84.	A desirable waist circumference for females is	
	(A)	Less than 80 cm
	(B)	80-88 cm
	(C)	88-94 cm
	(D)	More than 94 cm

85.	A males waist circumference of 102 cm indicates	
	(A)	A desirable measurement
	(B)	High risk of con-communicable disease
	(C)	Very high risk of non-communicable disease
	(D)	Not at risk of non-communicable disease

86.	One of the following is incorrect to do while measuring waist circumference	
	(A)	Place the tape at the mid-point between the top of the hip bone and the lower ribs. It can be measured over thin clothes..
	(B)	The tape should not be too tight or too loose
	(C)	Abdominal muscles should be relaxed
	(D)	The measurement should be taken after breathing in.

87.	The WHO growth charts are divided up into age groups. There are charts for all the following age groups except:	
	(A)	0-2 years
	(B)	2-5 years
	(C)	5-19 years
	(D)	19-25 years

88.	Growth charts plotting depend on	
	(A)	Height
	(B)	Age
	(C)	Gender
	(D)	All of the above

89.	A 13 years old female is on the 3 <sup>rd</sup> percentile of the height growth chart, this means she is:	
	(A)	At the same height or taller than 97% of females at her age.
	(B)	At the same height or shorter than 97% of females at her age.
	(C)	At the same height or taller than 50% of females at her age.
	(D)	At the same height or taller than 15% of females at her age.

90.	One of the following is incorrect about height growth charts:	
	(A)	compare the growth of individuals of the same age.
	(B)	They are used to monitor and track the growth and development of people at all ages.
	(C)	They also help to monitor and track the development of boys and girls overtime
	(D)	can be used to identify if there is a growth problem that could be related to malnutrition.

91.	A body mass index of 17 indicates that the person is	
	(A)	Underweight
	(B)	Has normal body weight
	(C)	Overweight
	(D)	Obese

92.	The body mass index reading that indicates that the person has a normal bodyweight is:	
	(A)	Below 18.5
	(B)	18.5 – 24.9
	(C)	25 – 29.9
	(D)	30 – 35

93.	An X-ray that shows an exact breakdown of fat mass, bone density and muscle mass	
	(A)	Skinfold
	(B)	DEXA scanner
	(C)	Bioelectrical impedance
	(D)	Body mass index

94.	A method of measurement that sends a weak electrical current through the body to measure body fat.	
	(A)	Skinfold
	(B)	DEXA scanner
	(C)	Bioelectrical impedance
	(D)	Body mass index

95.	To calculate and interpret the body fat percentage you need	
	(A)	Height and weight
	(B)	Height and body fat
	(C)	Weight, body fat and age
	(D)	Height, weight and age



96.	The body fat percentage category colour that shows normal body fat is:	
	(A)	Blue
	(B)	Green
	(C)	Amber
	(D)	Red

97.	One of the following is incorrect about the biochemical measurements	
	(A)	are taken and tested in a lab facility.
	(B)	Measure chemicals and nutrients in your bloodstream
	(C)	they show exactly how much of a certain nutrient or enzyme is present in the body.
	(D)	They are the least accurate methods of nutritional assessment

98.	physical examinations that look for physical clues of nutrition-related health problems on the body.	
	(A)	Anthropometric methods
	(B)	Biochemical methods
	(C)	Clinical methods
	(D)	Dietary methods

99.	One of the following is a clinical method of nutritional assessment	
	(A)	Measuring height and weight
	(B)	Looking for Signs of infection
	(C)	Filling a food questionnaire
	(D)	Testing sodium in the blood

100.	The patient should give as much information as they can about the foods and drinks they consumed in a day. It is an open-ended method of nutritional assessment.	
	(A)	Twenty-four-hour dietary recall
	(B)	Food and drink questionnaire
	(C)	Three-day food diary
	(D)	Food frequency questionnaire

101.	Which of the following shows an advantage of the 24 hours dietary recall:	
	(A)	Some people may struggle to recall the portion size of their foods, or how much they had leftover.
	(B)	It only gives an overview of one day's eating pattern.
	(C)	do not take a large amount of time to complete and can be done over the phone or in person.
	(D)	Some patients will not give honest responses out of fear of being judged by the medical professional.

102.	The three days food diary are:	
	(A)	Three weekend days
	(B)	Three week days
	(C)	Two week days and a weekend day
	(D)	Two weekend days and a week day

103.	A disadvantage to the three days food diary	
	(A)	Diary entries are done in real-time, so it does not rely on memory.
	(B)	It requires a high level of commitment to weigh and record every item of food eaten.
	(C)	The level of detail provided will allow for accurate estimates of regular dietary intake.
	(D)	Most patients can remember what they ate on the previous day

104.	It is not an open-ended method of nutritional assessment.	
	(A)	Food frequency questionnaire
	(B)	Twenty-four-hour dietary recall
	(C)	Three-day food diary
	(D)	None of the above

105.	A disadvantage to the food frequency questionnaire.	
	(A)	It is quick and easy to complete.
	(B)	Specific foods are listed. Sometimes a food could be forgotten or missed out
	(C)	It can be used on large groups of people.
	(D)	It requires a high level of commitment to weigh and record every item of food eaten

106.	How the socioeconomic status can impact the eating habits and food choice	
	(A)	If someone has limited income, they may not be able to spend much money food.
	(B)	Healthier foods are generally less expensive than unhealthy foods.
	(C)	People are less likely to eat healthy if there is no access to healthy affordable food near their home.
	(D)	High income cause people to eat unhealthy food.

107.	Food deserts are:	
	(A)	Areas with limited water sources
	(B)	Areas full of sand and rocks
	(C)	areas where people don't have easy access to affordable, healthy food options.
	(D)	Areas where people have too many food markets around.

108.	Vegan diet is known to be:	
	(A)	High in saturated fat
	(B)	lower in protein, iron and B12
	(C)	High calorie diet
	(D)	High in simple sugar

109.	Which of the following factors does not affect food consumption	
	(A)	Culture
	(B)	Religion
	(C)	Allergies and intolerances
	(D)	None of the above

<b>Choose four</b> of the answers below.	
110.	Correct steps of measuring height
(A)	Take measurement with shoes on
(B)	Remove shoes as they can add extra height
(C)	Make sure the person is standing straight with their chest against the measure
(D)	Make sure the measure is straight
(E)	The heels, back and head should be touching the measure.
(F)	Lower the reading bar to the top of the head so a measurement can be taken

<b>Choose five.</b>	
111.	In a 24 hours dietary recall, the patient needs to recall:
(A)	the cooking method used.
(B)	the ingredients used.
(C)	the time of day they had it.
(D)	The budget of the food
(E)	the amount of food eaten
(F)	if they had any leftovers.
(G)	The utensils used for cooking

<b>Choose four</b>	
112.	Related to clinical methods of nutritional assessment
(A)	Diarrhoea and other digestive issues
(B)	Blood and urine test
(C)	Fasting blood sugar
(D)	current medical conditions
(E)	Physical appearance
(F)	Nutritional supplement use

## Unit 7 (Healthy Pregnancy)

1.	The function of the umbilical cord is to_____.	
	(A)	signal to the foetus when it is ready for birth
	(B)	carry oxygen and nutrients from the mother to the foetus
	(C)	control the temperature of the fluid around the foetus
	(D)	help with the formation of the organs
2.	When is a foetus classed as "full term"?	
	(A)	37 weeks
	(B)	24 weeks
	(C)	18 weeks
	(D)	10 weeks
3.	List two changes that happen to the foetus during the second trimester.	
4.	Why should pregnant women avoid eating shark, bigeye tuna and mackerel?	
5.	Mona has developed anaemia during pregnancy. Which of the following supplements should she take to reduce the effects of anaemia?	
	(A)	Folate
	(B)	Calcium
	(C)	Iron
	(D)	Sodium
6.	What is the name given to <b>false labour contractions</b> that women may feel towards the end of pregnancy?	
7.	What is the expected amount of total weight-gain during pregnancy for a woman with a normal BMI before pregnancy?	
	(A)	18.5-24.9kg
	(B)	5-9kg
	(C)	16-18.5kg
	(D)	11.5-16kg

8.	The WHO recommends that babies are exclusively breastfed for the first 6 months. What does this mean?

9.	Explain one reason why breastfeeding a newborn is important.

10.	When is the placenta delivered?
	(A) During stage 2 of labour
	(B) 5-20 minutes before the baby
	(C) 5-20 minutes after the baby
	(D) At the same time as the baby

11.	When does the foetus develop the umbilical cord?
	(A) First trimester
	(B) Second trimester
	(C) Third trimester
	(D) Fourth trimester

12.	Which of the following is a common symptom experienced during the first trimester of pregnancy?
	(A) Frequent urination
	(B) Fever
	(C) Dry cough
	(D) Fatigue

13.	Which of the following foods or drinks should be avoided by pregnant women?
	(A) Almond milk
	(B) Mackerel
	(C) Avocados
	(D) Wholegrain pasta

14.	Which of the following foods is a natural source of folate?
	(A) Seafood
	(B) Red meat
	(C) Broccoli
	(D) Cheese

15.	What recommendation is given to pregnant women who are not usually active?

16.	The third stage of labour happens after the birth of the baby. Identify one thing that happens at this stage.

17.	The WHO recommends that babies are exclusively breastfed for the first 6 months. What does this mean?	
	(A)	Babies should not have any other food or drinks but breastmilk during the first 6 months
	(B)	Babies should be breastfed once per day for the first 6 months
	(C)	Babies should only be breastfed while inside the home for the first 6 months
	(D)	All of the options are correct

18.	What is the first form of milk produced by a mother after the baby is born?	
	(A)	Enzymes
	(B)	Folic acid
	(C)	Meconium
	(D)	Colostrum

19.	What is the advice for a pregnant woman who is bleeding heavily and cannot feel any movement from the foetus?

20.	For the first 4 weeks after giving birth, Fatima felt overwhelmed and had mood swings often. She had poor eating habits too. What is this a sign of?	
	(A)	Baby blues
	(B)	Postnatal depression
	(C)	Postnatal anxiety
	(D)	Braxton Hicks

21.	Give <b>two</b> examples of foods that women should avoid during pregnancy.

22.	During which trimester does the foetus develop meconium (it's first bowel movement)?	
	(A)	Trimester 1
	(B)	Trimester 2
	(C)	Trimester 3

23.	Why is it important to have ultrasound scans during pregnancy?	

24.	Match the following nutrients to the correct function in the body.	
	1. Folic acid	a. To carry oxygen in the blood to different parts of the body
	2. Calcium	b. Important for strong bones and has a role in muscle contractions
	3. Iron	c. To prevent the development of neural tube defects
	1. _____	
	2. _____	
	3. _____	

25.	Name <b>two</b> benefits of physical activity during pregnancy.	

26.	Complete the following sentences using the correct word.	
	Glucose levels are the levels of _____ in the blood.	
	_____diabetes develops during pregnancy and generally goes away	
	after the _____ of the baby.	
	a. gestational	b. birth
		c. sugar

27.	Why is it recommended that women take folic acid supplements during pregnancy?

28.	Which of the following are benefits of breastfeeding? Choose <b>three</b>
	(A) It weakens the baby's immune system
	(B) It is expensive and not readily available
	(C) It is free, safe and readily available
	(D) It has no nutritional benefit to the baby
	(E) It helps to develop the baby's immune system
	(F) It is environmentally friendly

29.	Emergency medical care is needed during pregnancy if a woman experiences constipation, morning sickness and low iron levels.
	(A) True
	(B) False

30.	How do the energy needs of women change during pregnancy?

31.	Which of the following should women avoid during pregnancy? Choose <b>three</b> .
	(A) Wholegrain bread
	(B) Fish high in mercury
	(C) Cooked chicken
	(D) Caffeine
	(E) Milk
	(F) Processed meat

32.	Why is it recommended that women take folic acid supplements during pregnancy?



33.	Match the following nutrients to the correct food in which they are found.	
	1. Folic acid	a. Cheese
	2. Calcium	b. Broccoli
	3. Iron	c. Red meat
	1. _____	
2. _____		
3. _____		

34.	Which of the following are benefits of physical activity during pregnancy? Choose <b>three</b> .	
	(A)	Helps a woman to gain only a healthy amount of weight
	(B)	Reduce self-esteem and mood
	(C)	Helps to reduce stress and anxiety
	(D)	Helps to maintain cardiovascular and muscular fitness
	(E)	Increase the risk of developing gestational diabetes
	(F)	Increases bloating and constipation

35.	Complete the following sentence.		
	Pregnancy is also known as _____. This is the time when a woman carries her		
	developing foetus in her _____. Pregnancy can be categorised into three stages,		
	called _____.		
	a. womb	b. trimesters	c. gestation

36.	Women should stop exercising if there is a risk to her or to the foetus.
	Name <b>one</b> warning sign that a woman should stop doing exercise during pregnancy.

37.	Name <b>one</b> physical development of the foetus during the <b>first</b> trimester of pregnancy.

38.	How many weeks does pregnancy usually last?	
	(A)	10-12 weeks
	(B)	20-22 weeks
	(C)	30-32 weeks
	(D)	40-42 weeks

39.	Which of the following changes happen during the first trimester of pregnancy?	
	(A)	The foetus can make urine
	(B)	The umbilical cord forms
	(C)	The gender is apparent
	(D)	The bones are fully formed

40.	How do women's calorie needs change during their second trimester of pregnancy?	
	(A)	Calorie needs should stay the same as before pregnancy
	(B)	Calorie intake should increase by around 360 calories
	(C)	Calories should come mainly from fish high in mercury
	(D)	Calorie intake should decrease by around 360 calories

41.	Name two foods that should be avoided during pregnancy.	

42.	Why is it important to take folic acid supplements during pregnancy?	
	(A)	To help carry oxygen around the body
	(B)	To help prevent healthy bone development
	(C)	To help prevent the foetus developing neural tube defects
	(D)	To help with healthy weight gain during pregnancy

43.	Describe one benefit of exercising regularly during pregnancy.	

44.	Which term refers to the tightening and relaxing of muscles in the womb?	
	(A)	Colostrum
	(B)	Gestational
	(C)	Contraction
	(D)	Trimester

45.	Which of the following exercises are recommended during pregnancy?	
	(A)	Kickboxing
	(B)	Rock climbing
	(C)	Horse riding
	(D)	Swimming

46.	Describe one benefit of breastfeeding a newborn baby.	

47.	Why are ultrasound scans used during pregnancy?	
	(A)	To check the foetus is growing at a healthy rate
	(B)	To monitor the mother's blood pressure
	(C)	To check for gestational diabetes or low iron levels
	(D)	To reduce swelling in the legs

48.	What is the first bowel movement of a foetus called?	
	(A)	Colostrum
	(B)	Meconium
	(C)	Gestational
	(D)	Amniotic fluid

49.	What mineral supplement may be recommended to women who have developed anaemia during pregnancy?	
	(A)	Folic acid
	(B)	Calcium
	(C)	Iron
	(D)	Magnesium

50.	When should a pregnant woman get immediate medical attention?	
	(A)	If she can feel the foetus moving
	(B)	If she has swelling in her legs
	(C)	If she has lost a lot of fluid
	(D)	If she has fatigue

51.	Describe two physical changes for a foetus within the second trimester of pregnancy.	

52.

List two nutrients found in breastmilk.

53.

What type of diabetes only develops during pregnancy?

54.

A mother who has difficulty bonding with her newborn baby and struggles to look after her baby may be showing signs of which condition?

- (A) Postnatal depression
- (B) Postnatal anaemia
- (C) Postnatal anxiety
- (D) Gestational diabetes

55.

Match the changes that occur for a foetus to the trimester by writing the correct letter in the table.

Trimester 1	<input type="text"/>
Trimester 2	<input type="text"/>
Trimester 3	<input type="text"/>

- a. The foetus begins to make urine
- b. The foetus begins to put pressure on the mother's organs
- c. The foetus is connected to the placenta by the umbilical cord