

UNIT 5

DISEASE PREVENTION



SOLUTION PAPER

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5.1 THE CAUSES OF DISEASE

5.2 RISK FACTORS

5.3 PERSONAL HEALTH BEHAVIOURS

5.4 PHYSICAL ACTIVITY

5.5 MEDICAL CARE

5.6 INFECTION CONTROL



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1. **Stopping** or **lowering** the chance of getting a disease or illness is called:
 - a) Disease detection
 - b) Disease manifestation
 - c) **Disease prevention**
 - d) Disease creation

2. _____ is a medical condition that **stops** a person's body from working properly.
 - a) Pain
 - b) **Disease**
 - c) Measurement
 - d) Skill

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 diseases
 - c) modifiable risk factors
 - d) **communicable diseases**

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**

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6. _____ is an example of a **non-communicable** disease.

- a) Corona virus
- b) **Cardiovascular disease**
- c) Common cold
- d) Measles

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7. _____ is an example of a **modifiable** risk factor.

- a) Gender
- b) **High blood pressure (hypertension)**
- c) Ethnicity
- d) Family history

8. A large group with common customs or **origin** is called:

- a) **Ethnicity**
- b) Gender
- c) Mass audience
- d) People

9. 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**

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11. Your mental health is linked to a healthy diet, 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

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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. Engaging 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. _____ a group of **hormones** which are released by the brain to reduce the pain and increase wellbeing.

- a) **Endorphins**
- b) Insulin
- c) Thyroxin
- d) All the above

19. **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%

20. 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) 90-95%
- c) **80-85%**
- d) 60-70%

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21. A _____ means that a person **does not** do regular physical activity.
- a) healthy lifestyle
 - b) **sedentary lifestyle**
 - c) unhealthy lifestyle
 - d) strict lifestyle
22. _____ 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
23. _____ 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**
24. Vaccinations **save** an estimated _____ every year.
- a) **2.5 million lives**
 - b) 10 million lives
 - c) 6 million lives
 - d) 500 000 lives
25. _____ 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**

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26. **Regular** health checks and screenings are extremely important in disease prevention as they can:
- a) give you peace of mind
 - b) diagnose diseases or health issues before they start to affect you
 - c) allow you to keep track of your health, such as weight and blood pressure
 - d) **All of the above**
27. **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
28. The type of test for that is used in screening to determine **prostate cancer** for men over 45 years old is _____ .
- a) Lipids test
 - b) Blood pressure measurement
 - c) **Blood test or physical examination**
 - d) Body mass index (BMI) and waist circumference
29. If a person gets a '**positive**' result from screening,
- a) they are healthy.
 - b) they will never develop the condition in the future.
 - c) they are at low risk of having the condition they were screened for.
 - d) **they might have the condition they were screened for require further tests to confirm the results.**
30. _____ 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

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31. _____ and _____ are two examples of **non-modifiable** risk factors.

- a) Genetics
- b) Overweight
- c) Stress
- d) Gender

32. Two diseases the UAE vaccinates **children** against: (choose two answers)

- a) Asthma
- b) Tuberculosis (BCG)
- c) Cardiovascular disease
- d) Hepatitis B (Hep B)

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33. Two of the four most **common** non-communicable diseases are:

- a) cardiovascular disease
- b) osteoporosis
- c) cancer
- d) gastroenteritis

34. 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

35. Which of the following is a **modifiable** risk factor for disease?

- a) Genetics
- b) Ethnicity
- c) Gender
- d) Hypertension

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36. What does it mean if a person receives a **negative** result from disease screening?

- a) They might have the condition that they were screened for.
- b) They will never develop the condition for the rest of their life.
- c) They should do further diagnostic tests to confirm the results.
- d) They are at low risk of having the condition they were screened for.

37. Which is **not** a disease that children are vaccinated against in the UAE National Immunisation Programme?

- a) Polio
- b) MMR
- c) HIV
- d) Influenza

38. **Women** aged 25-65 should be screened for _____ .

- a) cervical cancer
- b) breast cancer
- c) prostate cancer
- d) all the options are correct

39. 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

40. **PPE** stands for

- a) personal protective equipment
- b) personal preference equipment
- c) protective personal equipment
- d) part of possible experience

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41. 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

42. Which test is used to screen for **breast cancer**?

- a) Pap smear test
- b) Blood test
- c) Mammogram
- d) Lipid test

43. A **lipid test** is used to screen for

- a) High cholesterol
- b) bowel cancer
- c) High blood pressure
- d) Obesity



44. A woman received a positive result after a screening test for **cervical cancer**. What does this mean?

- a) She is immune or resistant to cervical cancer
- b) She has been diagnosed with cervical cancer
- c) She is at a low risk of developing cervical cancer
- d) She may have cervical cancer and should do more tests to confirm

45. What is **medical screening**?

- a) Testing someone for a disease that they have symptoms of
- b) Testing someone for a disease before they have any signs or symptoms
- c) Giving vaccines to children against certain diseases
- d) Medication designed to kill bacteria and prevent infections from spreading

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46. Brushing your teeth, taking a shower, and putting on clean clothes in the morning is an **example** of good _____ .

- a) **personal hygiene**
- b) physical activity
- c) diet
- d) sleeping pattern

47. Which of the following is an example of **high-intensity** physical activity?

- a) Swimming slowly
- b) Golf
- c) Walking
- d) **Playing football**

48. How **frequently** should women aged 40-69 undergo screening for breast cancer?

- a) Every year
- b) **Every 2 years**
- c) Every 3 years
- d) Every 5 years

49. Which of the following risk factors are **modifiable**?

(Select three)

- a) Gender
- b) **Sedentary lifestyle**
- c) **Smoking**
- d) Ethnicity
- e) **Hypertension**
- f) Family history

50. Which of the following tests is used to screen for **diabetes**?

- a) Blood pressure measurement
- b) **Fasting blood glucose test**
- c) Pap smear test
- d) Mammogram

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51. 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**

52. 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

53. A **colonoscopy** test is used to screen for which disease?

- a) Obesity
- b) Hypertension
- c) **Bowel cancer**
- d) Breast cancer

54. 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

55. A **healthy diet** can reduce the risk of certain diseases by

- a) **Consuming enough nutrients**
- b) Getting enough sleep
- c) Having good personal hygiene
- d) Being physically active

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Additional & Previous Questions

56. The doctor has prescribed a course of antibiotics to Latifa to cure her tonsilitis and to prevent it from spreading to other people. **Antibiotics** designed to kill:

- a) **bacteria**
- b) fungi
- c) viruses
- d) all of the options are correct



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5.2 RISK FACTORS

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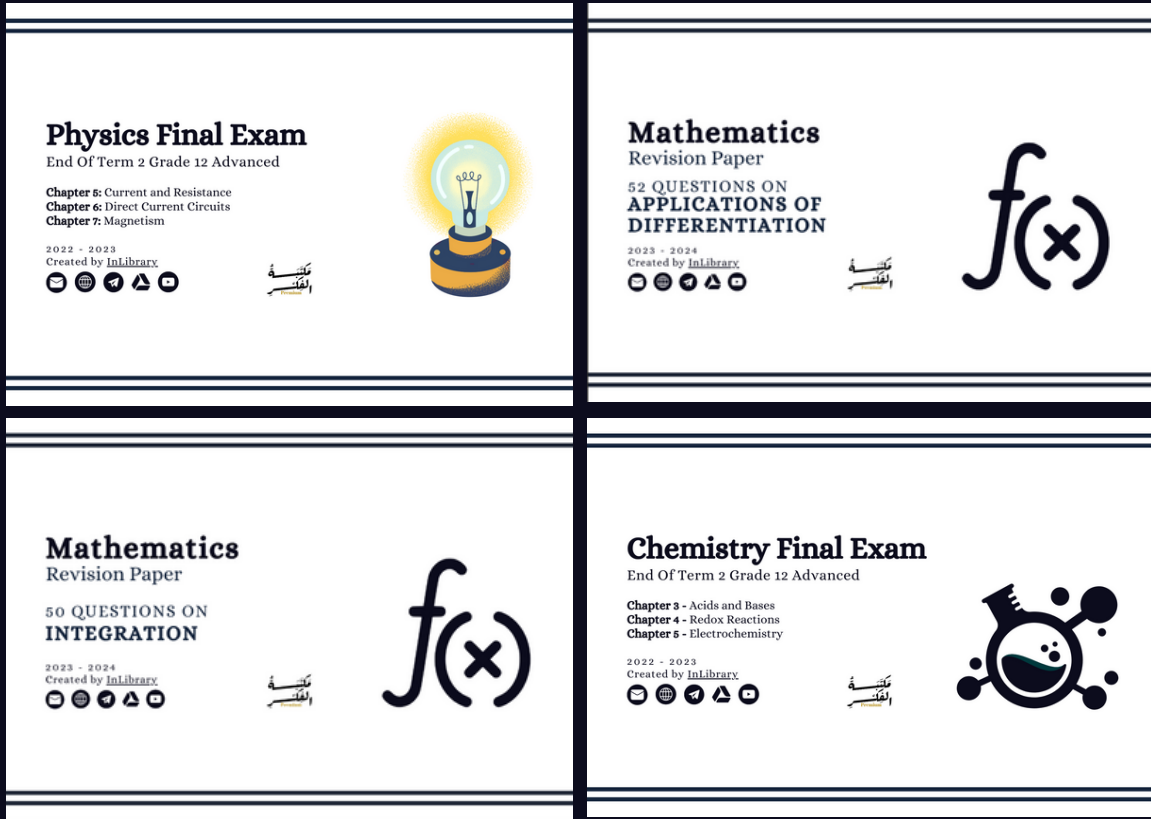
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