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 – Term 1 (2022 – 2023)

Revision – Unit 5 (Disease prevention)

Teacher: Arwa Abdelmoneim Elsir

1.	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

2.	Fill in the blanks.
	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.
	a. communicable b. hands c. bacteria

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

4.	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

5.	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

6.	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

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

8.	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

9.	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

10. 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

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

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

13.	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

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

15. 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

16. 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

17. A lipid test is used to screen for_____.

(A)	high cholesterol
(B)	bowel cancer
(C)	high blood pressure
(D)	obesity

18. Which test is used to screen for breast cancer?

(A)	Pap smear teat
(B)	Blood test
(C)	Mammogram
(D)	Lipid test

19. Describe one way to prevent hospital infections.

20. 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

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

22.	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

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

24.	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
	2. Overweight
	3. Genetics

25.	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

26.	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

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

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

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

(i) _____

(ii) _____

30. 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

31. 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

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

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

(A)	Genetics
(B)	Ethnicity
(C)	Gender
(D)	Hypertension

34. Having too much cholesterol can increase the risk of diseases in the _____.

(A)	heart
(B)	lungs
(C)	nerves
(D)	liver

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

36.	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

37.	Define a sedentary lifestyle.

38.	Name two diseases that children are vaccinated against in the UAE National Immunisation Programme.
	(i) _____
	(ii) _____

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

40.	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

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

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

43. 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

44. 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

45. A pap smear test is used to screen for_____.

(A)	prostate cancer
(B)	bowel cancer
(C)	breast cancer
(D)	cervical cancer

46. Which test is used to screen for breast cancer?

(A)	Pap smear teat
(B)	Blood test
(C)	Mammogram
(D)	Lipid test

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

48. A_____or an illness is a medical condition that stops aperson's body from working properly.

(A)	pain
(B)	disease
(C)	measurement
(D)	skill

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

50.	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

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

52.	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

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

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

55.	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.

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

57.	_____describes how you keep yourself and your surroundingsclean.	
	(A)	Practice
	(B)	Personal hygiene
	(C)	Health
	(D)	Immunisation

58.	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

59.	The World Health Organisation recommends that children andteenagers 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 75minutes of high-intensity activity each week should be done
	(D)	at least 150 minutes of moderate to high-intensity activity each day.

60.	The World Health Organisation recommends that adults aged 18-64years old should do:	
	(A)	At least 150 minutes of moderate-intensity physical activity or 75minutes 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.

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

62. 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%

63. A_____means that a person does not do regular physical activity.

(A)	healthy lifestyle
(B)	sedentary lifestyle
(C)	unhealthy lifestyle
(D)	strict lifestyle

64. _____ 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

65. Vaccinations save an estimated__every year.

(A)	2.5 million lives
(B)	10 million lives
(C)	6 million lives
(D)	500 000 lives

66. 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

67. 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

68.	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 werescreened for.
	(D) it means they are healthy.

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

70.	Pick the **two** correct answers: _____and___are two examples of non modifiable riskfactors.
	(A) Genetics
	(B) Overweight
	(C) Stress
	(D) Gender

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

72.	Pick the **two** correct answers: Two diseases the UAE vaccinates children against diseases suchare_____and _____
	(A) Asthma
	(B) Tuberculosis (BCG)
	(C) Cardiovascular disease
	(D) Hepatitis B (Hep B)

73.	Pick the **two** correct answers: _____and___are two of the four of the mostcommon non communicable diseases.
	(A) cardiovascular disease
	(B) osteoporosis
	(C) cancer
	(D) gastroenteritis

74.	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

75.	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.

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

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

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

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

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

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

	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
81.	(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.

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

	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.
83.	(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.

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

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

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

87.	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.

88.	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

89.	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

90.	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

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

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

93.	If you don't practise good personal hygiene, then dirt and bacteria couldbuild up on your body and cause it to smell bad, or the skin to become infected and sore	
	(A)	True
	(B)	False

94.	**Choose four** 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

95.	**Choose four** 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

96.	**Choose four** 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

97.	**Choose three** of the answers below. Some causes of **poor sleep** are…	
	(A)	Stress
	(B)	Caffeine intake in the evening
	(C)	Reading a book before sleep
	(D)	Exercising before sleep
	(E)	Food before sleep

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

99.	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

100.	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

101.	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

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

103.	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

104.	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

105.	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

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

107.	Khalifa received a positive result after his prostate cancer screening test. What does this result means	
	(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

108.	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

109.	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

110.	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

111.	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

112.	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

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