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
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HEALTH SCIENCES
G12 (BOYS) - 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.

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7.	Which of the following conditions are women **not** 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

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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 **one** 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

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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.
	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

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

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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

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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 teat
	(B)	Blood test
	(C)	Mammogram
	(D)	Lipid test

39.	Describe one way to prevent hospital infections.

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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	
	2. Overweight	
	3. Genetics	

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

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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

Awa Abdelmoneim

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

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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 teat
	(B)	Blood test
	(C)	Mammogram
	(D)	Lipid test

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

Aya Abdelmoneim

68.	A____or an illness is a medical condition that stops aperson'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

Aya Abdelmoneim

75.	Having a healthy diet is related to your mental health and improvingyour 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 ofdisease.	
	(A)	4-6 hours
	(B)	12-14 hours
	(C)	5 hours
	(D)	7-9 hours

77.	_____describes how you keep yourself and your surroundingsclean.	
	(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 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.

80.	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.

Awatif Abdelmonem

81.	Moderate-intensity activity is when you are working atofyour 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 inyour 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 physicalactivity.	
	(A)	healthy lifestyle
	(B)	sedentary lifestyle
	(C)	unhealthy lifestyle
	(D)	strict lifestyle

84.	_____ is when you already have the antibodies to fight againsta 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 indisease 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 bloodpressure
	(C)	give you peace of mind
	(D)	All of the above

Arwa Abdelmoneim

87.	The type of test for that is used in screening to determine prostatecancer 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 werescreened for.
	(D)	it means they are healthy.

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

90.	Pick the **two** correct answers: _____and__are two examples of non modifiable riskfactors.	
	(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 **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)

Amira Abdelmoneim

93.	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

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

Arwa Abdelmoneim

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.

Aya Abdelmoneim

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

Arwa Abdelmoneim

114.	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

115.	**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

116.	**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

117.	**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

118.	**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

Amal Abdelmoneim

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

Arwa Abdelmoneim

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)	Bowe cancer
	(C)	High cholesterol
	(D)	Prostate cancer

128.	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

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

Aya Abdelmoneim

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 **accurate** method of measuring nutritional status?	
	(A)	Anthropometry
	(B)	Biochemical methods
	(C)	Clinical methods
	(D)	Dietary methods

Awa Abdelmoneim

8.	Which of the following is an example of how **socioeconomic status** 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 **abdominal fat**?	
	(A)	weight
	(B)	height
	(C)	waist circumference
	(D)	body mass index

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

Awa Abdelmoneim

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 **environmental factors** 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

Aisha Abdelmoneim

21. Match the following methods of assessing nutritional status to the correct category.

	Method
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 WHOs height-for-age growth chart for boys, answer the following questions.
a. What percentile does his height lie?
b. Explain the results.

Aya Abdelmoneim

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

Awa Abdelmoneim

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^{th}
	(B)	85^{th}
	(C)	50^{th}
	(D)	15^{th}

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

Amna Abdelmoneim

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 2. Biochemical methods 3. Dietary assessment	a. Urine test b. Food frequency questionnaire 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

Awa Abdelmoneim

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

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 50th percentile is 168cm. What doesthis 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

Awa Abdelmoneim

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: body fat ÷ total body weight x 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

Aiwa Abdelmoneim

61.	Sultan is on the 50th 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: BMI = weight (kg) ÷ height^2 (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: BMI = weight (kg) ÷ height^2 (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

Aya Abdelmoneim

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

Aiwa Abdelmoneim

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 thefoods 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 in 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

Arwa Abdelmoneim

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 ofnutritional 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 thelower 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

Aiwa Abdelmoneim

89.	A 13 years old female is on the 3rd percentile of the height growth chart, this meansshe 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 atall 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

Aiman Abdelmoneim

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, orhow 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 thephone or in person.
	(D)	Some patients will not give honest responses out of fear of beingjudged 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

Aya Abdelmoneim

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 foodeaten.
	(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 foodeaten

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

Arwa Abdelmoneim

110.	**Choose four** of the answers below. 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

111.	**Choose five.** 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

112.	**Choose four** 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

Arwa Abdelmoneim

Unit 7 (Road and fire safety)

1.	If you were at home and cooking oil overheated, causing a fire to start, how would you control this type of fire?	
	(A)	Pour cold water over the flames
	(B)	Use a dry powder extinguisher
	(C)	Cover the fire with a fire blanket
	(D)	Blow on the flames until they stop

2.	A powder fire extinguisher can be used to stop which type of fire?	
	(A)	Wood and paper
	(B)	Flammable gas
	(C)	Flammable liquids
	(D)	All of the options are correct

3.	When using a fire extinguisher, which part of the fire should you aim for?	
	(A)	The top of the fire
	(B)	The flames
	(C)	Around the outside of the fire
	(D)	The base of the fire

4.	Name the three elements that make up the fire triangle.

5.	Which of the following is a suitable assembly point for a school?	
	(A)	A car park far away from the building
	(B)	Inside the sports hall
	(C)	Inside the canteen
	(D)	In the courtyard beside the building

6.	Name one cause of road traffic accidents.

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7.	Which of the following statistics is true about road traffic accidents in the UAE?	
	(A)	Most accidents are caused by female drivers
	(B)	2 out of 3 people killed in accidents are wearing seatbelts
	(C)	Around 2 people are killed every day on UAE roads
	(D)	Around 18 people are killed every day on UAE roads

8.	What is the chance of a pedestrian dying if they are hit by a car that is moving at 64 kph?	
	(A)	80%
	(B)	40%
	(C)	20%
	(D)	10%

9.	Write the formula used to calculate true stopping distance.

10.	Which of the following should drivers do when driving in heavy rain or fog?	
	(A)	Drive as fast as possible
	(B)	Leave a very small space between them and the car in front
	(C)	Keep all headlights and fog lights switched off
	(D)	Switch on headlights and fog lights

11.	Explain the meaning of 'reaction time' when stopping a car.

12.	How should you safely evacuate a building? Describe two ways.

13.	Which of the following elements are required for a fire to burn?	
	(A)	Heat
	(B)	Fuel
	(C)	Oxygen
	(D)	All of the above

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14.	Which of the following best describes tailgating?	
	(A)	Using your phone while driving
	(B)	Driving too close to the car in front
	(C)	Reversing without checking for safety
	(D)	Sudden lane changing

15.	Describe two safe driving practices that can ensure you stay safe and avoid road accidents.

16.	Give two examples of fuel that can start a fire.

17.	Which of the following statements is true?	
	(A)	Only people in the front of the car need to wear a seatbelt
	(B)	Children under 10 can sit in the front seat of a car
	(C)	You should not use your phone while driving your car
	(D)	When driving in heavy fog you should turn off your lights

18.	Fill in the blanks.
	Sudden ____c_____ changes are the biggest cause of road traffic ___d_____ in the UAE. To safely change lanes, you should first check your ___e_____ and blind spots. Then you should _____b____ to let other drivers know you are going to change lanes. When it is ____a_____ to do so, you can change lanes. a. safe b. signal c. lane d. accidents e. mirror

19.	Describe how to put out a fire that is caused by overheating oil when cooking.

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20. Match the following factors to the correct description.

	Description
5. Reaction time	
6. Braking distance	
7. True stopping distance	

a. The time it takes for the car's braking system to bring the car to a complete stop
b. The time it takes between your brain registering an event and you pressing the breaks
c. The reaction time plus the braking distance

21. Describe one common cause of road accidents in the UAE.

22. At home, cooking oil overheated and caused a fire to start. How do you control this type of fire?

(A) Pour cold water over the flames
(B) Use a dry powder extinguisher
(C) Cover the fire with a fire blanket
(D) Blow on the flames until they stop

23. A powder fire extinguisher can be used to stop which type of fire?

(A) Wood and paper
(B) Flammable gas
(C) Flammable liquids
(D) All of the above

24. When using a fire extinguisher, which part of the fire should you aim for?

(A) The top of the fire
(B) The flames
(C) Around the outside of the fire
(D) The base of the fire

25. Which of the following is a suitable assembly point for a school?

(A) A car park far away from the building
(B) Inside the sports hall
(C) Inside the canteen
(D) In the courtyard beside the building

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26.	Which of the following statistics is true about road traffic accidents in the UAE?	
	(A)	Most accidents are caused by female drivers
	(B)	2 out of 3 people killed in accidents are wearing seatbelts
	(C)	Around two people are killed every day on UAE roads
	(D)	Around 18 people are killed every day on UAE roads

27.	What is the chance of a pedestrian dying if they are hit by a car that is moving at 64kph?	
	(A)	80%
	(B)	40%
	(C)	20%
	(D)	10%

28.	Write the formula used to calculate true stopping distance.

29.	Which of the following should drivers do when driving in heavy rain or fog?	
	(A)	Drive as fast as possible
	(B)	Leave a very small space between them and the car in front
	(C)	Keep all headlights and fog lights switched off
	(D)	Switch on headlights and fog lights

30.	Studies have shown that 98% of people in the emirate of Abu Dhabi that diedor were seriously injured in car accidents were not wearing_____	
	(A)	sunglasses
	(B)	seatbelts
	(C)	shoes
	(D)	ghutra

31.	What is a pedestrian?	
	(A)	A person who is riding a bicycle on a road
	(B)	A person who is driving a car
	(C)	A person who is walking along a road or in a city
	(D)	A person who is driving a public transport vehicle, such as a bus

32.	Which of the following actions can a cause a road traffic accident?	
	(A)	Keeping a safe distance while driving
	(B)	Turning onto a street without checking for oncoming cars
	(C)	Following the speed limits posted for the road being travelled on
	(D)	Following the road lanes and driving on the correct side of the road

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33.	What is the biggest cause of road traffic accidents in the UAE?	

34.	In the UAE, 90% of road traffic accidents are caused by males.	
	(A)	True
	(B)	False

35.	Name one way fire is used by humans.	

36.	A water fire extinguisher can be used to stop which type of fire?	
	(A)	Cooking oil
	(B)	Electrical
	(C)	Flammable gas
	(D)	Wood and paper

37.	The fire triangle is made up of _____.	
	(A)	Carbon dioxide, water and fuel
	(B)	Oxygen, heat and fuel
	(C)	Oxygen, water and ice
	(D)	Carbon dioxide, oxygen and heat

38.	What number should you call for civil defence in case of a large fire?	

39.	What is an assembly point?	
	(A)	A chosen place for people to go in an emergency
	(B)	The action of removing yourself from a dangerous place
	(C)	The place where all fire safety equipment is kept
	(D)	The place that a fire started

40.	Which of the following reduces the risk of injury during a car crash by up to 63%	
	(A)	Wearing a seatbelt correctly
	(B)	Using a mobile phone
	(C)	Using fog lights
	(D)	Tailgating

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41.	The elements make up the fire triangle	
	(A)	Heat, carbon dioxide and fuel
	(B)	Heat, fuel and oxygen
	(C)	Heat, water and ice
	(D)	Heat, fuel and ice

42.	Which of the following can cause a road traffic accident	
	(A)	Signaling and checking mirrors before making lane changing
	(B)	Checking for traffic before joining the highway
	(C)	Following the road lanes and driving on the correct side of the road
	(D)	Reversing without checking what is behind your car

43.	You are cooking food in the kitchen. The oil gets too hot and a fire starts in the pan. What should you avoid doing to extinguish the fire	
	(A)	Pour water over the fire
	(B)	Put a fire blanket over the fire
	(C)	Put a pan lid over the fire
	(D)	All of the above

44.	How should you safely evacuate a building during a fire	
	(A)	If you are on a high floor, use the elevator to get down
	(B)	Run down the stairs as fast as you can
	(C)	Stay low to the ground if there is smoke
	(D)	Do not evacuate the building and wait for help

45.	The police stopped Omar for dangerous driving as he was swerving suddenly. What is swerving	
	(A)	Driving too close to the car in front of you
	(B)	Using your mobile while driving
	(C)	Driving through a red light at a signal
	(D)	Changing lanes without signaling or checking first

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