**اسم الدرس: البلوغ عند الإنــــاث**

**ـ أذكري المقصود بالبلوغ؟**

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**ـ صفي التغيرات التي تحدث في مرحلة البلوغ؟**

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**ـ عدّدي أهم المظاهر الجسمية للبلوغ؟**

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**ـ أذكري المقصود بالحيض؟**

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 **اسم الدرس: درجة الحرارة**

**ـ أذكري أنواع موازين الحرارة؟**

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**ـ عددي طرق خفض حرارة جسم الإنسان؟**

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**ـ ما المقصود بالمِحْرار؟**

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 **اسم الدرس: النبض**

**ـ عرفي النبض؟**

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**ـ كيف يتم قياس النبض؟**

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**ـ لم يزداد النبض عند الحركة الزائدة أو الشعور بالخوف أو الغضب؟ وضحي إجابتك**

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 **اسم الدرس: التعامل مع الأدوية**

**ـ عددي تعليمات استعمال الدواء؟**

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**ـ ماذا يجب على مريض الزكام أن يفعل؟**

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**ـ أذكري أخطار الأدوية؟**

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**ـ كيف يتم حفظ الأدوية؟**

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 **اسم الدرس: المسكن الصحي**

**ـ اشرح مواصفات المسكن الصحي؟**

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**ـ استنبطي النتائج المترتبة على وجود منزل دون نوافذ؟**

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**ـ وضحي أهمية الإضاءة في المنزل؟**

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**ـ عدّدي أنواع الأرضيات؟**

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 **اسم الدرس: النظــــافة**

**ـ وضحي أهمية النظافة؟**

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**ـ عدّدي القواعد السليمة أثناء التنظيف؟**

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**ـ ما العلاقة بين الصحة العامة للإنسان ونظافة المسكن؟**

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 **اسم الدرس: ترتيب الملابس**

**ـ أذكري مراحل ترتيب الملابس في الخزانة؟**

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**ـ طبقي عمليًّا ترتيب الملابس في خزانتك الخاصة؟**

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 **اسم الدرس: ترتيب حقيبة السفر**

**ـ ما الفرق بين لوازم حقيبة السفر ولوازم حقيبة اليد؟**

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**ـ نظمي عمليًّا محتويات حقيبة السفر؟**

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**ـ أذكري دعاء السفر؟**

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 **اسم الدرس: أدوات التطريز وخاماته**

**ـ عدّدي أنواع الخيوط؟**

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**ـ أذكري مواصفات الخيوط المستخدمة في التطريز؟**

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**ـ ما المقصود بالإبرة؟ وما أنواعها؟**

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**ـ ما هي استخدامات شريط القياس؟**

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 **اسم الدرس: تطبيقات عملية**

**ـ طبقي عمليًّا خطوات تنفيذ غرزة رجل الغراب؟**

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**ـ ما المقصود بغرزة الفرع البسيط؟**

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**ـ طبقي عمليًّا خطوات تنفيذ غرزة الفرع البسيط؟**

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 **اسم الدرس: العناصر الغذائية**

**ـ ما المقصود بالعناصر الغذائية؟**

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**ـ عرفي البروتينات واذكري مصادرها؟**

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**ـ عرّفي الدهـون واذكري مصادرها؟**

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**ـ عرفي الكربوهيدرات واذكري مصادرها؟**

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 **اسم الدرس: البيض**

**ـ بيّني أهمية اليبض؟**

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**ـ مم يتكون البيض؟**

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**ـ وضحي قيمة البيض الغذائية؟**

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**ـ عدّدي بعضًا من أصناف البيض؟**

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 **اسم الدرس: الحـــــروق**

**ـ عدّدي أنواع الحروق ومثلي لكل نوع؟**

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**ـ قارني بين أنواع الحروق؟**

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**ـ وضحي درجات الحروق؟**

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**ـ كيف يتم إسعاف المصاب بالحروق؟**

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 **اسم الدرس: الجروح**

**ـ ما المقصود بالجرح؟**

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**ـ عددي أنواع الجروح؟**

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**ـ بيني فوائد استخدام الضماد؟**

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**ـ عددي أعراض التهاب الجروح؟**

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