

10/10
great work

3. Define a sedentary lifestyle and explain why it increases a person's chance of disease.

Sedentary lifestyle: Is a lifestyle where an individual does not do regular physical activity.
~~1/2 of body~~

Why does a sedentary lifestyle increase a person's risk of developing disease?

because it may increase the risk of certain cancer or other long-term disease.

4. Explain what is meant by the term 'Herd Immunity'.

مناعة مكتسبة
Is when a large of a population gets a vaccination.

5. Identify three different types of screening tests and what they are used to check.

- BMI → obesity
- | | |
|----------------------|-----------------------------------|
| 1. Test: urine test | Purpose: For health problems |
| 2. Test: X-ray | Purpose: For bones (osteoporosis) |
| 3. Test: Ultra-sound | Purpose: For pregnant women |

End of unit quiz

1. Identify if each of the following are modifiable or non-modifiable risk factors for disease.

Age <i>N</i>	Overweight/obesity <i>M</i>	Healthy diet <i>M</i>	Genetics <i>N</i>
Hygiene <i>M</i>	Family history <i>N</i>	Physical activity <i>M</i>	Ethnicity <i>N</i>

Modifiable risk factor	Non-modifiable risk factor
obesity	Age
healthy diet	Genetics
physical activity	Ethnicity
Hygiene	Family history

2. Identify four benefits of physical activity.

1. Helps with weight loss
2. Improve energy
3. Reduce health risks
4. Increase heart and lung capacity

Screening test	Diagnostic test
3 2	4
8	5
1	6
7	2 3

Explain in your own words a screening test and a diagnostic test.

Screening test: is used to identify apparently healthy people who may have an increased risk of certain condition

Diagnostic test: when carried out on someone who has symptoms.

2.5 Screening

Osteoporosis
What part of health does it measure? *bone's health*

Cardiovascular
What part of health does it measure? *heart and circulatory system health*

Bowel cancer
What part of health does it measure? *having a cancer*



Activity 26

Screening or diagnostic test



Look at the statements below and identify if they are describing a screening test or a diagnostic test.

1 ✓ Carried out on someone who appears to be healthy. <i>S</i>	2 ✓ Indicates the possibility of disease but requires further tests. <i>S</i>	3 ✓ Very specific and gives accurate results. <i>D</i>	4 ✓ Carried out on someone who has symptoms. <i>D</i>
5 ✓ Provides definite diagnosis. <i>D</i>	6 ✓ Expensive but needed for accuracy. <i>D</i>	7 ✓ Wide positive result threshold. <i>S</i>	8 ✓ Cheap and carried out on large numbers. <i>S</i>

Explain in
Screening
Diagnostic



Activity 24

Fill in the blanks



Look at the words in the box. Fill in the blanks in the following sentences using the words in the box.

1 screening	2 treatment	3 detect
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I do not have any symptoms, but there is a history of heart disease in my family. I should go for screening to check for heart disease.

I have been diagnosed as having high cholesterol. I should go to my doctor for treatment and advice.

I have noticed that I have been feeling dizzy lately. I have also been getting headaches. I should go to the doctor to see if she can detect a health problem.



Activity 25

Physical health assessments

Think about physical health assessments (checks that a nurse may carry out to measure certain parts of your health). Explain what part of health each of the following checks measure.

Cholesterol

What part of health does it measure? .. blood ..



Activity 4

Impact of nutrients



Link each of the following nutrients to the impact they can have on your body if you do not have enough of them.

1 Iron	Weak bones 4
2 Vitamin D	Scurvy - bleeding gums, fatigue 3
3 Vitamin C	Anaemia - lack of energy 1
4 Calcium	Bone pain/muscle weakness 2
5 Vitamin B12	Tired/weak, constipation 5

Notes:

1/10
great job

2.5 Screening



Activity 22

Screening service



Look at the types of screening in the following table. Put them into the correct box that shows when they should be carried out.

1 Blood pressure check	2 Cholesterol	3 Bowel cancer
4 Eye checks for glaucoma	5 Cardiovascular risk	6 Skin cancer
7 Hearing impairment	8 Osteoporosis	9 Type 2 diabetes

Begin in the 20s and 30s	In the 40s	In the 50s and 60s
1	5	8
2	9	3
6	4	7



Activity 23

Types of screening services

In pairs, think of as many different types of screening services as you can. Write your answers in the space provided.

- ▷ Urine test
- ▷ Blood test
- ▷ ultra sound
- ▷ CT
- ▷ X-ray
- ▷ physical health test

7/10

good job

1. Vaccine: BCG → Tuberculosis

Doses required: After birth

2. Vaccine: Hexavalent → Diphtheria ; tetanus ; pertussis

Doses required: End of 2nd Month

3. Vaccine: PCV → Pneumococcal

Doses required: End of 6th month

4. Vaccine: MMR → Measles, Mumps ; Rubella

Doses required: End of 12th Month

5. Vaccine: OPV (oral polio vaccine) → polio

Doses required: End of 18th Month

6. Vaccine: Varicella (2 doses) → chickenpox

Doses required: Grade (1)

7. Vaccine: Rubella (girls only) → Rubella

Doses required: Grade 9

8. Vaccine: OPV → poliomyelitis

Doses required: Grade 11

2.4 Immunisation for disease prevention



Discussion: Vaccinations

Discuss as a group and answer the following questions.

What do you think a vaccination is?

Something that injected into a person to protect them from a disease.

Can you remember having a vaccination, what was it like?

Yes, last year, it was a good experience.

7/10

How many different names of vaccinations you can think of? Write them in the following space.

2.3 Physical activity and disease



Activity 17

Reduce your time spent sitting

In a small group, think of ways that you could reduce the amount of time you spend sitting down.

How could you become more active in your daily life?

When studying : take a break each 30 minutes
and do some physical activities for 5 minutes

What activities do you do regularly with your friends and family?

▷ squat.

▷ Football with family






▷ walking.

▷ Running competitions

What could you do to make these activities healthier or more active?

▷ Making competitions

▷ Make activities with people you love





<p>Travelling home</p> 	<p>I came back with walking.</p>
<p>Watching television</p> 	<p>I Never</p>
<p>Using an iPad/laptop</p> 	<p>30-minutes but not everyday</p>
<p>Eating your evening meal</p> 	<p>I don't eat dinner.</p>
<p>Other sitting activities</p> 	<p>1-hour.</p>
<p>Total time:</p>	

2.3 Physical activity

Activity 10

How much time do you spend sitting?

Think about how much time you spend sitting down in a day. Complete the table to work out how many hours per day you spend sitting down.

Activity	Time spent doing it (in minutes)
Eating breakfast 	10 minutes
Travelling to school 	I go to school by walking
Sitting in lessons 	$8 \text{ classes} \times 45 \text{ minutes}$ $= 360 \text{ min} = 6 \text{ hours at school}$ $+ 6 \text{ hours in home} = 12 \text{ hours}$
Eating lunch 	10 minutes

4. what exercise intensity does it mean you are working at?

great work 3/10



Activity 15

Video: Sedentary lifestyle

Notes:

Make notes below on the video about a sedentary lifestyle.

Sedentary lifestyle is a lifestyle where an individual does not do regular physical activity.

Exercise intensity depends on the percentage of your maximum heart rate. Therefore, it is helpful to know what your maximum heart rate is.



To calculate maximum heart rate, subtract your age from 220. For example, if you are 17 years old, your Maximum Heart Rate (MHR) would be 203 Beats Per Minute (BPM) ($220 - 17 = 203$).



Activity 13

Calculate your maximum heart rate

Calculate your own maximum heart rate.

220 - 16 (age) = 204 BPM

Maximum heart rate: 204 BPM

Now that you know what your maximum heart rate is, this can be used to work out what percentage of your maximum heart rate you are working at.

Knowing the percentage of maximum heart rate shows how intense the physical activity is.

$$\text{Heart rate} \div \text{Maximum heart rate} \times 100 = \text{percentage of MHR}$$

So, if your maximum heart rate is 203 and your current heart rate is 85 you would be working at 41.87% of your maximum heart rate.

$$(85 \div 203) \times 100 = 41.87\%$$



Activity II

Do you do enough physical activity?

Answer the following questions about physical activity.

1. Based on the World Health Organization physical activity guidelines do you currently do enough exercise? Yes / No

2. How many minutes of physical activity have you done in the last week?
.....40..... minutes

3. What type of physical activity have you taken part in this week? Write your answers in the correct box.

Moderate intensity

- walking

- Dance

- activities

Vigorous intensity

- squat

- Dancing

- activities

4. How do you think you could fit more physical activity into your weekly routine?

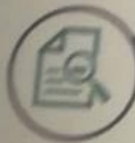
2.3 Physical activity and disease



Make physical activity fun

Think of five ways you can make physical activity fun with your friends. Write your answers in the spaces provided. Now discuss your ideas with the class.

1. To make competitions together
2. To walk together every morning
3. To encourage ourselves to loss weight.
4. To listen to our favourite songs while doing physical activities.
5. We can dance (dancing is a physical activity)



Research: Physical activity in your area

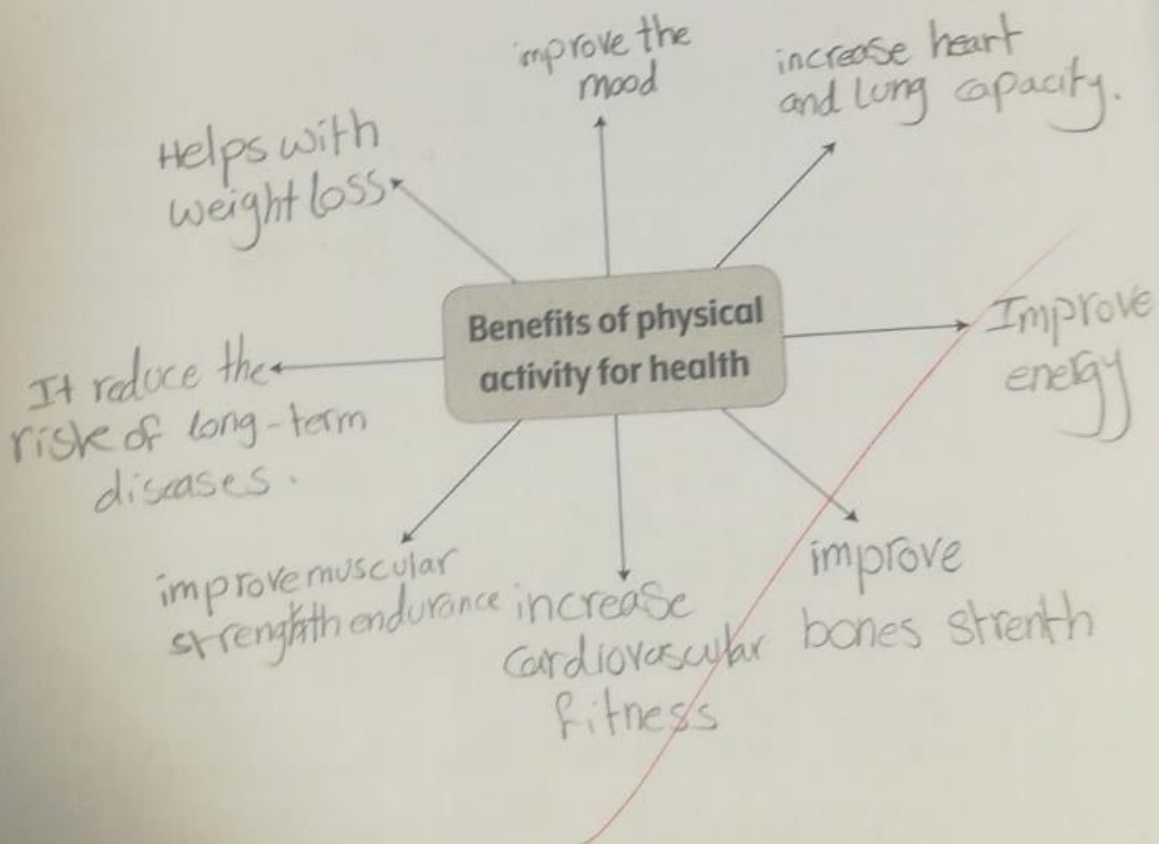
Research physical activity in your local area. Find out what sports clubs and exercise classes are available to you.

- ▶ Yoga
- ▶ Football
- ▶ Tae Kwon Do

2.3 Physical activity and disease



Discussion: Why should you do physical activity?
Discuss why physical activity is important. What are the benefits of doing it?



2. Which diseases can you reduce your risk of developing by having adequate sleep?

Heart disease ✓	Asthma	Measles
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3. How could you improve your sleep to reduce the risk? Write your answers in the following space.

Try to have enough sleep

Personal hygiene

1. How is personal hygiene a modifiable risk factor?

You have control over your personal hygiene ✓	You do not have control over your personal hygiene	Personal hygiene is a non-modifiable risk factor
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3/10
great job

2. Which diseases can you reduce your risk of developing by keeping good personal hygiene?

Diabetes	Common cold ✓	Osteoporosis
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3. How could you improve your personal hygiene to reduce the risk?

When we do a good hygien you will reduce the chance of getting communicable disease.

2.2 Personal health behaviours for disease prevention

Activity 10

Personal health behaviours

For the personal health behaviours below, answer the following questions. Circle the correct answers.

Healthy diet

1. How is a healthy diet a modifiable risk factor?

You cannot change your diet	You can improve your diet	Your diet is the same every day
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2. Which diseases can you reduce your risk of developing by having a healthy diet?

High cholesterol	Chickenpox	Asthma
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3. How could you improve your diet to reduce the risk? Write your answers in the following space.

by reducing the amount of high fat food.

Adequate sleep

1. How is having adequate sleep a modifiable risk factor?

You cannot change the amount and quality of sleep you get	You can change the amount and quality of sleep you get	The quality and amount of sleep you get is not modifiable
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Reduced risk of developing:



Activity 9

Personal hygiene and disease

List three ways people can improve their personal hygiene.

1. get a shower every day
2. wash your hand allways
3. sneeze into a tissue

How can you reduce your risk?

Following statements about reducing your risk of developing non-communicable diseases. Write 'Y' in the space provided if you think it is a way to reduce your risk of developing non-communicable diseases. Write 'N' in the space provided if it is not a way to reduce your risk of developing non-communicable diseases.

Healthy and balanced diet

Y

Hand washing

N

Regular physical activity

Y

Good quality sleep

Y

Stress management

Y

Discuss your answers with your class.

N

Activity 19: Personal hygiene

Discuss your personal hygiene. Discuss all the different things you can do that contribute towards it.

Think of one way to reduce your risk of developing non-communicable diseases. Write it in the space provided.

Goal:

Reduced risk of

Activity 19

List three ways people can reduce their risk of developing non-communicable diseases.

Let's



Activity 6

Get enough sleep

Do you currently get the recommended 7-9 hours of sleep per night? Yes / No

How many hours of sleep do you usually get? 6-8 hours

What do you think are the most common reasons for not getting enough sleep?

- alot of home works.
- stress and worry.
- The atmosphere is not good to sleep.
- ~~eat high fat food at night~~

Suggest ways someone who is not getting enough sleep could improve their quality of sleep and increase the amount of sleep they are getting.

- Finish thier homeworks early.
- Doing physical activity will help avoide stress.
- having healthy balanced diet.
- ~~Don't eat high fat food at night~~



Activity 3

Healthy diet

Think back to the nutrition unit you studied last year. What you would consider to be a healthy balanced diet. List the foods or food groups in the following space.

1. Fat → good fat

↳ saturated fat → mono saturated fat
↳ poly. saturated fat

2. Protein

3. Greens

4. Dairy

5. Carbohydrate

6.

7.

8.

2.2 Personal health behaviours for disease prevention



Discussion: Personal health behaviours

How do personal health behaviours affect your health?

The lifestyle habits affect your health; such as smoking helps to develop respiratory diseases.

How many different personal health behaviours can you think of?

- Smoking
- diet
- sleeping
- drinking water
- stress

Discuss the impact that each of these behaviours can have on your health.

Smoking → affect your lung.
diet → affect your physical health.
stress → affect your mental and emotional health

2.1 Modifiable and non-modifiable risk factors



Activity 2

Risk factors

Now you have identified modifiable and non-modifiable risk factors, you need to explain what they mean. Create your own definition of modifiable and non-modifiable risk factors.

Modifiable risk factor:

The risk factors/habbits that you can control.
If you don't control it this will develop
a certain disease.

Non-modifiable risk factor:

The risk factors or abilities of getting
diseases that you can't control it.

2.1 Modifiable and non-modifiable factors



Discussion: What causes an illness or disease?

Discuss with your class the causes of illnesses and diseases. the space provided.

1- Genetics:

2- Environmental Factors:

3- Behavioural Factors:

4- physiological factors:

5- Risk Factor:



Activity 1

Modifiable or non-modifiable



Decide if each of the following risk factors for developing disease are modifiable or non-modifiable. Write the correct answer in the space provided.

modi → modifiable
non-modi → non-modifiable



Remember

A modifiable risk factor is a risk factor you have control over. This means you can reduce your chances of getting certain diseases.

Sedentary lifestyle
modi

Family history
non-modi

Overweight
modi

Smoking
modi

High blood pressure
modi

Genetics
non-modi

Age
non-modi

Type 2 diabetes
modi

Gender
non-modi

High cholesterol
modi

Stress
modi

Unhealthy diet
modi