

تم تحميل هذا الملف من موقع المناهج الإماراتية



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https://t.me/almanahj_bot

Activity 2.1.5

What type of steering mechanism would be most suitable for your SumoBot? Give two reasons for your choice.

The type of steering mechanism would be most suitable for my SumoBot is skid steering because Differential steering allows all-wheel drive to be easily incorporated and Differential steering does not contain as many moving parts such as a rack and pinion.

Activity 2.1.6

Which is the most suitable power source and motor system for your SumoBot? Give at least two reasons for your choice.

A battery bank combined with brushless DC motors is the most suitable system for a SumoBot.

- Brushless DC motors are a good option as they provide high power density.

Activity 2.1.7

List two vehicles using each steering mechanism below:

rack and pinion

① car.

② Dunne Buggy.

differential (skid) steering

① Tank.

② Track Bigger.



4. Which nutrients should someone with renal disease lower their intake of?

Avocados / Dairy
Canned food / Bananas
Processed meats
Oranges

5. Name two eating disorders and give a brief description of each.

Eating disorder: Anorexia Nervosa

Anorexia nervosa is likely the most well-known eating disorder. It generally develops during

adolescence or young adulthood and tends to affect more women than men. People with anorexia generally view themselves as overweight.

Eating disorder: Bulimia Nervosa

People with bulimia frequently eat unusually large amounts of food in a relatively short

period.

10.3 Eating disorders

Explain in your own words the differences between anorexia and bulimia.

anorexia :- its the fear of gaining weight so
the try to keep their body weight as low as
possible

bulimia :- also fear of gaining weight but
they consume large amount of food in small
period of time

10.2 Diet for diabetes, overweight, heart disease, renal disease and bone disease

Diet plan for osteoporosis

Plan a one-day food plan for a person who has osteoporosis. Consider what foods they should and should not have in their diet. Remember to include any drinks they might need throughout the day. Explain why you chose each food. Compare your food plan with the rest of the class.

Meal	Food and drinks	Explanation
breakfast	egg & milk super fruit	more calcium
breakfast Lunch	few sugary	sugar (energy)
snacks	egg & milk	more calcium
dinner	protein (meats)	protein
snacks	egg & milk	more calcium

0.2 Diet for diabetes, overweight, heart disease, renal disease and bone disease

Activity 10

Foods to avoid for renal disease

Write down nutrients that should be avoided or reduced for a patient with renal disease. For each nutrient, give examples of foods that they are found in and why they should be reduced.

Nutrient: ~~Sodium / Potassium and Phosphates~~
~~Sodium Potassium and Phosphates~~

Foods that are a good source of this nutrient:

~~Avocados Processed meats~~
~~canned foods~~

How could this nutrient affect someone with renal disease?

~~uncontrolled diabetes and~~
~~high blood pressure~~

Nutrient: Potassium

Foods that are a good source of this nutrient:

Avocados
Brown rice

How could this nutrient affect someone with renal disease?

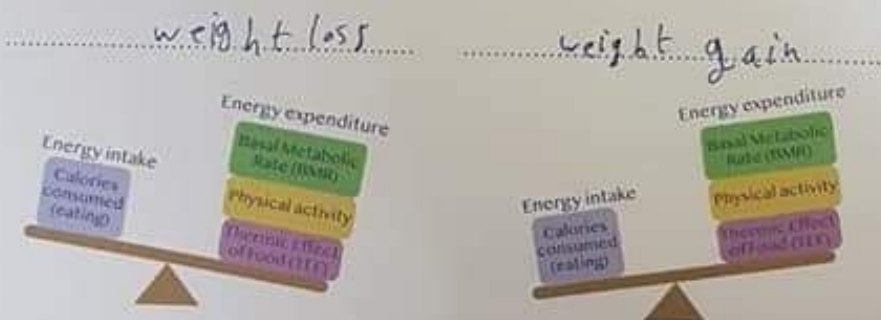
high blood pressure

End of unit quiz

1. Explain in your own words how a therapeutic diet can help with the management of diseases.

A well-balanced diet goes hand in hand with a healthy life style. The right diet can help fight conditions and illnesses.

2. Label the diagrams below to show which shows a positive energy balance and which shows a negative energy balance. What effect would this have on weight over time?



- Negative energy balance
- Positive energy balance
3. List some of the foods that would be recommended for someone with heart disease.

food with small amount of salt

whole grains food

food without saturated and trans fat

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e and

ient
that

Activity 11 Renal disease diet

Do some research on the dietary recommendations for a patient with kidney disease. Are there any other nutrients they should reduce their intake of? Can you find any information on foods and nutrients that might benefit a patient with renal disease? Write your findings in the following space. Discuss your findings with your class.

nuts / proteins / meats /

Activity 12 Getting more calcium

Think of ways a patient with osteoporosis can increase their intake of calcium. In the following space, write the recommendations you would give them. Then, discuss your recommendations with the class.

eggs / milk

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snacks	egg & milk	more calcium



Activity 1B

Where can you get help?



In small groups, do your own research about eating disorders. Find out how they can be treated and what support there is in your local area for someone with an eating disorder.

you can support him by go with him
to psychologist

الشكل 6: استخدام التكنولوجيا في الطب
تتمثل عام المرضى الحاضرين للمعالجات
الجراحية، في العمليات



Activity 16

Binge eating

Binge eating is when someone regularly cannot control the amount of food that they eat. Think of some of the reasons that may contribute to someone feeling out of control with their eating.

anxiety / depression / sadness /
emotional shock

In groups, discuss some of the things that may help someone get back control of their eating habits.

start exercising / eat healthy food
(without industrial sugar)