

كل ما يحتاجه الطالب في جميع الصفوف من أوراق عمل واختبارات ومذكرات، يجده هنا في الروابط التالية لأفضل مواقع تعليمي إماراتي 100 %

<u>تطبيق المناهج الإماراتية</u>	<u>الاجتماعيات</u>	<u>الرياضيات</u>
<u>الصفحة الرسمية على التلغرام</u>	<u>الاسلامية</u>	<u>العلوم</u>
<u>الصفحة الرسمية على الفيسبوك</u>	<u>الانجليزية</u>	
<u>التربية الاخلاقية لجميع الصفوف</u>	<u>اللغة العربية</u>	
<u>التربية الرياضية</u>		
<b>مجموعات التلغرام.</b>	<b>مجموعات الفيسبوك</b>	<b>قنوات تلغرام</b>
<u>الصف الأول</u>	<u>الصف الأول</u>	<u>الصف الأول</u>
<u>الصف الثاني</u>	<u>الصف الثاني</u>	<u>الصف الثاني</u>
<u>الصف الثالث</u>	<u>الصف الثالث</u>	<u>الصف الثالث</u>
<u>الصف الرابع</u>	<u>الصف الرابع</u>	<u>الصف الرابع</u>
<u>الصف الخامس</u>	<u>الصف الخامس</u>	<u>الصف الخامس</u>
<u>الصف السادس</u>	<u>الصف السادس</u>	<u>الصف السادس</u>
<u>الصف السابع</u>	<u>الصف السابع</u>	<u>الصف السابع</u>
<u>الصف الثامن</u>	<u>الصف الثامن</u>	<u>الصف الثامن</u>
<u>الصف التاسع عام</u>	<u>الصف التاسع عام</u>	<u>الصف التاسع عام</u>
<u>الصف التاسع متقدم</u>	<u>الصف التاسع متقدم</u>	<u>الصف التاسع متقدم</u>
<u>الصف العاشر عام</u>	<u>الصف العاشر عام</u>	<u>الصف العاشر عام</u>
<u>الصف العاشر متقدم</u>	<u>الصف العاشر متقدم</u>	<u>الصف العاشر متقدم</u>
<u>الحادي عشر عام</u>	<u>الحادي عشر عام</u>	<u>الحادي عشر عام</u>
<u>الحادي عشر متقدم</u>	<u>الحادي عشر متقدم</u>	<u>الحادي عشر متقدم</u>
<u>ثاني عشر عام</u>	<u>الثاني عشر عام</u>	<u>الثاني عشر عام</u>
<u>ثاني عشر متقدم</u>	<u>الثاني عشر متقدم</u>	<u>الثاني عشر متقدم</u>

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## Create a poster

In small groups, create a poster that will show support for someone who has an eating disorder. Think about what you can say to them to try and help them. Think about how you can encourage them to get support. Highlight the dangers of eating disorders.



In any wight. You always  
But fall

# 10.1 Therapeutic management



Activity 2

## Fill in the blanks



Notes

Fill in the blank spaces from the words in the table to explain the role of therapeutic diets in the management of diseases.

Therapeutic diets play an important role in the management of diseases. They can be beneficial for individuals with various diseases, such as cardiovascular disease, diabetes and osteoporosis.

Therapeutic diets can reduce the amount of medication needed, or stop the need for medication altogether. In some cases, therapeutic diets can cure certain conditions.

<del>cardiovascular</del>	<del>diabetes</del>	<del>cure</del>
<del>Therapeutic</del>	<del>diseases</del>	<del>osteoporosis</del>
<del>medication</del>		<del>stop</del>

## 11.3 After a disaster

### STARTER Key words

In pairs, take a look at the list of key words below. What type of word is it? Is it a noun, verb or adjective? We call this 'form'. Then, describe what the word means.

If you are not sure of one of the words, ask your teacher what you can do to research the word.

It is useful to know the meaning of these words. They will help you throughout this lesson.

Key word	Form	Description
Hazard	نوم	a serious danger threat
Aftershock	نوم	is the aft or earthquakes
Confined	مغلق	A closed area/thing

Create a one-day meal plan for planning the meals, remember which foods should cut down on. Write your meal plan in the following space. Discuss your plan with the class and explain why you selected foods you did.

Meal	Foods	Portion size	Cooking method	Other
Breakfast	- Whole grain Bread.	- 2 slices	- N/A	
	- Vegetables.	- 1/2 a cup	- N/A	
	- Egg	- 1 Medium	- boiled	
Lunch	- Lean Beef	- 100 grams	- Grilled	
	- Brown rice	- 50 grams	- steamed	
Dinner	- Plain Yogurt	- 170 grams	- N/A	
	- Low-fat Milk or Fresh fruit Juice.	- 240 ml	- N/A	
Snacks	- Fresh fruit and vegetables	- 2-3 pieces	- N/A	
	- Low-carb snacks	- 50 grams max	- N/A	

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### Discussion: Healthy eating?

What do you already know about a healthy balanced diet?

It's a diet that ensures getting enough amounts of nutrients, ~~the~~ <sup>while</sup> maintaining a healthy body weight, and consider the individual's health conditions and diseases.

What guidelines/suggestions would you give to someone who wants to have a healthier diet?

- To consume less trans and saturated fats.
- Consume enough water everyday.
- Eat a variety of foods each day.



### Discussion: What do you already know about diabetes?

Discuss with your class what you already know about diabetes.

- It is related to the amount of sugar in the blood.

## 10.1 Therapeutic management



### Discussion: Therapeutic diets

Have you heard the term therapeutic diet? What does it mean?

It refers to the use of diet or certain foods in the treatment and management of diseases.

Can you think of any examples of therapeutic diets?

- Diabetic diets
- Low sugar diet
- No added salt diet
- Low fat diet

What is the purpose of a therapeutic diet?

It can stop or reduce the amount of medication required by someone, increase the quality of someone's life.



### 'Drop, Cover, and Hold' in a safer zone

Everyone should gather in the centre of the room. When the teacher tells you, move quickly in a safe manner to a 'safer zone'. Once you are in the safe zone, stay in your position. Be ready to explain why your area is safer than the rest of the classroom.



#### Remember

Keep the noise to an acceptable level, so you do not disturb the other classes.

Variation:

When your teacher gives you the signal, start in the centre of the classroom. Pretend an earthquake has just started.

Things to remember:

- ⊙ drop down
- ⊙ cover your head
- ⊙ find sturdy cover or move to a safer zone
- ⊙ hold on



You will assess each other's 'safer zones' and discuss the positives and negatives of each.

Review question:

What did you learn from the exercise? Record your thoughts and ideas below.

That the best method to avoid  
 danger is the safest way above



**Case study 1: Ahmed**

Calories consumed each day (energy intake): 2000

Calories burned each day (energy expenditure): 1750

Energy equation:  $2000$  (energy input) -  $1750$  (energy output) =  $250$  calories

Ahmed has a positive energy balance of 250 calories per day. That doesn't sound like much. But if he maintained this positive energy balance, his estimated excess calories over a week would be 1750 calories. Over the course of a year, it would be around 91,000 calories. This would result in significant weight gain.

**Energy balance = energy input - energy output**

Based on case study 2, calculate what Sultan's energy balance would be and what this means in terms of changes to his weight.

**Case study 2: Sultan**

Calories consumed each day: 1800

Calories burned each day: 2050

$1800$  (energy input) -  $2050$  (energy output) =  $-250$  calories

What is Sultan's energy balance?

Sultan has a negative energy balance of 250 Cal per day.

What effect would this energy balance have on his weight over time?

If he maintained this negative energy balance, he will ~~experience~~ a significant weight loss.  
experience

## 11.1 The 'Drop, Cover and Hold' technique



Activity 3

### Match the description

Match the descriptions on the left with the correct actions on the right.

Drop

Cover

Hold

Get under something nearby that is strong enough to create a barrier between you and falling objects.

Do this because the shaking could move you under the object and out into danger again.

Get down on the ground before you are knocked down.

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Activity 4

### Demonstrate key skills

Individual task:

When your teacher chooses you, go to the front of the class and demonstrate the 'Drop, Cover and Hold' technique when the teacher says 'go'. The teacher will choose one of the scenarios below to demonstrate:

to cover

out cover

## 11.3 After a disaster



Activity 8

### Identify the correct action



Look at the table below. Are the statements true or false? Tick the correct box.

Statement	True	False
I must prepare for aftershocks by having a 'safer zone' in mind.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
If I find myself trapped, I must try to move as much as possible to free myself.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I should check door handles for heat with the palm of my hand.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
If I smell gas, I should call the Civil Defence. I must stay near to the source of the leak to show them.	<input type="checkbox"/>	<input checked="" type="checkbox"/>



### Discussion: Switching the lights on

What is the danger of switching lights on and off when gas is present?

It will offer a spark which could

cause fire