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

تطبيق المناهج الإماراتية	الاجتماعيات	الرياضيات
الصفحة الرسمية على التلغرام	الاسلامية	العلوم
الصفحة الرسمية على الفيسبوك	الانجليزية	
التربية الاخلاقية لجميع الصفوف	اللغة العربية	
التربية الرياضية		

مجموعات التلغرام.	مجموعات الفيسبوك	قنوات تلغرام	قنوات الفيسبوك
الصف الأول	الصف الأول	الصف الأول	الصف الأول
الصف الثاني	الصف الثاني	الصف الثاني	الصف الثاني
الصف الثالث	الصف الثالث	الصف الثالث	الصف الثالث
الصف الرابع	الصف الرابع	الصف الرابع	الصف الرابع
الصف الخامس	الصف الخامس	الصف الخامس	الصف الخامس
الصف السادس	الصف السادس	الصف السادس	الصف السادس
الصف السابع	الصف السابع	الصف السابع	الصف السابع
الصف الثامن	الصف الثامن	الصف الثامن	الصف الثامن
الصف التاسع عام	الصف التاسع عام	الصف التاسع عام	الصف التاسع عام
الصف التاسع متقدم	الصف التاسع متقدم	الصف التاسع متقدم	تاسع متقدم
الصف العاشر عام	الصف العاشر عام	الصف العاشر عام	عاشر عام
الصف العاشر متقدم	الصف العاشر متقدم	الصف العاشر متقدم	عاشر متقدم
الحادي عشر عام	الحادي عشر عام	الحادي عشر عام	حادي عشر عام
الحادي عشر متقدم	الحادي عشر متقدم	الحادي عشر متقدم	حادي عشر متقدم
ثانى عشر عام	الثانى عشر عام	الثانى عشر عام	الثانى عشر عام
ثانى عشر متقدم	الثانى عشر متقدم	ثانى عشر متقدم	ثانى عشر متقدم

http://almanahj.com/ae/

End of unit quiz

1. Define a mass casualty incident (MCI).

   are any accident where there are
   more casualties than medical resonces

2. What are the four main triage categories?
   Explain each category and its colour.

   black >> is for casualties who have already died
   or soon will be
   yellow >> is for people who have no life
   threatning
   green >> for people who can ~~show~~ move
   by themselves.

3. List some common hazards that you may find at the scene of a
   incident.

   Street light / Bridges

   power lines

   Trees / Lamps

11.3 After a disaster

Discussion: Stopping your vehicle

Why is it not a good idea to stop your car under a bridge or flyover?

Because these are all things that
hey be unstable after an earthquake so
they will collape

Match the action with the description

Activity 10

Look at the safety actions for driving during an earthquake. Match them with the correct description.

Stop as soon as you can	Do not stop next to buildings
Stay in the vehicle	Pull over as soon as it is safe
Avoid all structures	Your vehicle will protect you from falling objects

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

Complete the word search to learn the key words about energy balance.

```
Y  Y  L  O  A  M  S  A  C  U  W  O  N  V  T
L  G  N  Q  Y  N  J  I  C  E  A  I  G  S  H
E  A  S  O  G  H  L  F  I  T  A  Z  T  S  E
C  C  S  G  A  O  Z  G  N  G  I  A  A  O  R
L  Y  M  A  B  M  H  P  E  F  K  V  S  L  M
G  S  T  A  B  T  C  E  F  F  E  H  I  Z  A
P  K  T  Z  I  Q  I  D  R  A  T  E  H  T  L
O  E  C  J  D  P  O  N  M  P  U  Q  B  F  Y
M  F  P  K  N  H  P  D  T  Z  Z  Z  F  S  P
R  R  V  A  P  W  S  E  W  E  T  G  R  T  D
H  Z  R  B  O  E  N  J  D  G  F  Z  L  B  W
C  I  Z  E  D  R  T  V  M  I  K  M  Z  A  U
M  Z  S  Y  J  L  E  D  G  O  P  U  S  H  J
P  H  Y  S  I  C  A  L  V  Q  K  M  J  R  R
Y  K  O  H  L  Z  A  R  F  K  U  F  D  B  U
```

WEIGHT	GAIN	METABOLIC	PHYSICAL	THERMAL
LOSS	BASAL	RATE	ACTIVITY	EFFECT

Healthy cooking methods

Look at the different cooking methods below and discuss what each one means. Then, decide if you think the cooking method is more healthy or unhealthy.

| Boil | Roast | Shallow fry | Deep fry | Grill |

| Steam | Bake | Poach | Broil |

More healthy cooking method	Less healthy cooking method
Grill Roast Steam Broil Boils Poach Bake	Deep fry

10.3 Eating disorders

Impact on health

Eating disorders can take over someone's life and affect all parts of a person's health and well-being. We know what happens to someone's health when they have an eating disorder. In small groups, write about one thing that can affect someone's health indirectly. Also, write about how an eating disorder could affect other parts of their life.

Eating disorders can affect every organ system in the body, and People struggling with an eating disorder need to seek Professional help. The earlier a Person with an eating disorder seeks treatment, the greater the likelihood of Physical and emotional recovery

Share your answers with the rest of the class.

Word search

Complete the word search to learn the key words about therapeutic diets.

Therapeutic diets

```
D Q U C E P W D B N B S T K A
S N U T R I E N T S F U K O R
N A S C T H D A D Z F Y W Q F
J M P M B H J I A B F O O D J
E A Q P P E E T S R O C C S Q
D N B P Y F P R U E Q U R D A
I A U P J L S A A E A Z H O A
E G E T A V P L O P S S D K Q
T D R R R R X R E F E D O Z
D M S B M I I Q Q K Y U X C P
W E T E X U T E V N V H T B X
I N X Q H Z Z I N G L A L I Q
E T S Q Y K R L O T X K B S C
W U H B B F G W M N A Z N A J
Q B B X R Y N D R G V Y M T V
```

THERAPEUTIC	MANAGEMENT	NUTRITION	NUTRIENTS
PATIENT	DIET	DISEASE	FOOD

Health Scien... Unit 10: Clinical nutrition

11.5 Mass casualty management techniques

Mass casualty triage

Read the following scenarios. There are three casualties who have been in a mass casualty situation. You must decide how serious their injuries are. After that, give them a triage colour. You must also describe the instructions you would give to a volunteer.

Casualty one

You can see a deep cut on their arm. They have lost a lot of blood. The blood is spurting and is a bright red colour.

Circle the triage colour that you would give this casualty:

Immediate	Delayed	Minor	Deceased

Why did you choose this triage colour?

because it's dangerous blood bleeding and could cause a fall in blood pressure

The instructions to give:

Take him to the red zone → need immediate first aid kit

Create your own definitions

Write your own definitions for the following terms:

Basal Metabolic Rate (BMR)

The rate at which your body burns calories at rest.

Physical activity

Anything that increases your heart rate above a resting rate.

Thermal effect of food (TEF)

The energy that is used to eat and digest food.

Discussion: What is it?

Discuss as a class. What do you think a mass casualty incident is? Can you think of any examples?

Any accident where there more casualities than medical resources

---

Activity 11

Circle the hazard

Look at the words in the table. Circle the ones that could be classed as a possible hazard at a MCI.

traffic	open spaces	extreme weather
smoke	violent behaviour	access roads

Discussion: Why think of your safety first?

During an emergency, why should you always think of safety first?

Because of staying safe on stress having the ability to rescue others

---

Fill in the blanks

Read the paragraph below. Fill in the blank spaces with the correct words from the table below.

Moving casualties should be **avoided** in most situations. This is especially true if a casualty has any potential injuries to the head, neck, back or **spine**. Moving a casualty may cause further **injuries**. You should only move casualty if you really **need** to.

spine	injuries	avoided	need

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 mechaism would be most suitable for my sumobot is skid steering becase Dittere ationl steering allows all-wheel drive to be easly incofPoreted and Dilferential steering aloes and coutain as many moving Pacts such as a reet 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 bethecy bank combied with brush less DC motors in the most suitable system for a sumobot.

- Brush less DC modols are a good option as they Provide high Power densitly.

Activity 2.1.7

List two vehicles ring mechanisms below.

rack and	differential (skid) steering
① car.	① Tank.
② Dunne Buggy.	② Track Bigger

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

Avacados / 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 over weight.

Eating disorder: Bulimia Nervosa

People with bulimia frequently eat unusually large amounts of food in a relatively sort 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 v L.v as possible

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

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 for	more calcium
~~tomatos~~ lunch	few sugar	sugar (energy)
~~lun~~ snacks	egg & milk	more calcium
dinner	protins (nuts)	protien
snacks	egg milk	more calcium

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

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: Sudiom / Potassium and Phosphakes
Sudium Potassium and Phosphate

Foods that are a good source of this nutrient:

Avocados Processed meats
canned foods

How could this nutrient affect someone with renal disease?

~~unca~~ ~~p~~ ~~rolla~~ ~~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?

   weight loss   *weight gain*

   Energy intake
   Calories consumed (eating)

   Energy expenditure
   Basal Metabolic Rate (BMR)
   Physical activity
   Thermic effect of food (TEF)

   Energy intake
   Calories consumed (eating)

   Energy expenditure
   Basal Metabolic Rate (BMR)
   Physical activity
   Thermic effect of food (TEF)

   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

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 / protines / 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

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 fine	more calcium
~~tomatoes~~ lunch	few sugar	sugar (energy)
~~lim~~ snacks	egg & milk	more calcium
dinner	proteins (nuts)	protien
snacks	eggmilk	more calcium

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 SPPourt him by go with him to Psychologist

Binge eating

Activity 16

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)