

*للحصول على أوراق عمل لجميع الصفوف وجميع المواد اضغط هنا

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* للحصول على أوراق عمل لجميع مواد الصف الثاني عشر في مادة علوم صحية الخاصة بـ الفصل الأول اضغط هنا https://almanahj.com/ae/12health1

* لتحميل كتب جميع المواد في جميع الفصول للـ الصف الثاني عشر اضغط هنا * لتحميل كتب جميع المواد في جميع الفصول للـ الصف الثاني عشر اضغط هنا

للتحدث إلى بوت المناهج على تلغرام: اضغط هنا bot_almanahj/me.t//:https

Unit 2: Disease Prevention



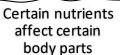
2.2: Personal health behaviours for disease prevention

Benefits of a healthy diet

To maintan a healthy weight

Controls cholesterol









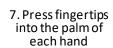


Personal Hygiene: hand washing





each hand



8. Dry your hands with a clean towel



2.3: Physical activity and disease

Emotional benefits



- Improves fitness and bone strength
- Reduces risk of disease
- Control body weight
- Muscular strength & endurance /
- ✓ Improves energy levels
- Improves emotional wellbeing
- Good for brain function

How much physical activity is enough?

5-17 years old	18-64 years old
60 minutes per day	150 minutes per week
-	10+ minutes at a time
3 times per week	2 times per week
	60 minutes per day -

Definition Sedentary lifestyle

"A lifestyle where someone does not do regular physical activity".



Risk factors

- Increased risk of disease
- More likely to be overweight - Decrease skeletal muscle mass
- Linked to high blood pressure and cholesterol

2.4: Immunisation

- 1. Injection with small amount of virus/bacteria in it: not enough to make vou sick
- Immune system creates antibodies to fight off the disease
- 3. If the disease enters again your body will immediately fight it.



2.5: Screening

Can identify apparently healthy people who might have an increased risk of a disease.

Positive result: they may have the disease they were screened for & need more tests

Detects problems early



Benefits

Can mean more successful treatment





Difference between screening & diagnostic tests Screening is used on the 'well population'. Diagnostic tests are used when there are symptoms of a disease.