

تم تحميل هذا الملف من موقع المناهج الإماراتية



\* للحصول على أوراق عمل لجميع الصفوف وجميع المواد اضغط هنا

<https://almanahj.com/ae>

\* للحصول على أوراق عمل لجميع مواد الصف الثاني عشر اضغط هنا

<https://almanahj.com/ae/12>

\* للحصول على جميع أوراق الصف الثاني عشر في مادة علوم صحية ولجميع الفصول, اضغط هنا

<https://almanahj.com/ae/12health>

\* 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

<https://almanahj.com/ae/grade12>

للحصول على جميع روابط الصفوف على تلغرام وفيسبوك من قنوات وصفحات: اضغط هنا

[https://t.me/UAElinks\\_bot](https://t.me/UAElinks_bot)

## Health behaviors for disease prevention

Personal health behaviours: are lifestyle habits that can affect your health .



## Diet:

\*a healthy diet is extremely important for all aspects of your health. A healthy diet can be a major factor in preventing disease .

Negative effect on health: heart disease, stroke, diabetes and osteoporosis

Two ways to improve the personal health behavior:

- \*Eating more fruits and vegetables.
- \*Eating healthy fats and oils.



## Sleep:

*\*sleep plays a vital role in good health and well being throughout your life*

*negative effect on health:* *Lack of sleep can cause diabetes, high blood pressure and heart disease*

*Two ways to improve the personal health behaviour:*

*\*Stop having caffeine in the evening.*

*\*Do enough physical activity.*



## Personal hygiene:

*\*Good personal hygiene is one of the most effective ways to protect yourself from diseases.*

*negative effect on health:* *You would be much more likely to get sick if you didn't take care of your personal hygiene.*

*Two ways to improve the personal health behavior:* *\*Washing your hands.*

*\*Taking showers.*



Case study 1:

Zeinab has a very stressful job. During the day she feels very tired. She works long hours in a busy office, and sometimes she only gets 4-5 hours sleep during the night. Zeinab has a team of staff who can help her with some of her workload, but she doesn't ask them to do it.



*The personal health behaviour that has an impact on the person: sometimes she only gets 4-5 hours sleep during she night*

**A way to improve her health behavior:**  
*\*Having adequate sleep hours during night*



Case study 2:

Reem is a 20 year old student. She does not have much time for social or physical exercise activities and is sat down most of the day. She eats a healthy balanced diet but when she got weighed, she was classed as overweight.



*The personal health behaviour that has an impact on the person: she does not have much time for social or physical exercise activities and is sat down most of the day*

*A way to improve her health behavior:*  
*\*Doing regular physical activity.\**

