

1.

Good relationships with your family and friends can have a \_\_\_\_\_ effect on your health.

- a. Poor
- b. Negative
- c. Positive
- d. Bad

/1

2.

You must \_\_\_\_\_ when active listening.

- a. Pay attention
- b. Interrupt the person talking
- c. Look around the room
- d. Not make eye contact

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/1

3.

What is a sign of a positive relationship?

- a. No respect
- b. Being jealous
- c. Not being honest
- d. Being honest

/1

4.

A main part of health promotion is \_\_\_\_\_ about health.

- a. Not educating people
- b. Not teaching people
- c. Not informing people
- d. Educating people

/1

5.

**What is primary prevention in health promotion?**

- a. Never having an illness
- b. Reducing the chance of having a disease or illness before it happens
- c. Showing people how to wash their hands
- d. Helping people with long-term diseases

/1

6.

**What is the aim of tertiary prevention in health promotion?**

- a. To stop a disease or illness before it happens
- b. To carry out health screening to detect an illness or disease
- c. To vaccinate people to prevent them from getting a disease or illness
- d. To help people to manage and live with the health problem

/1

7.

**Which of the following is a sign of dehydration?**

- a. Sweating
- b. Feeling thirsty
- c. Swelling
- d. Seizure

/1

8.

**Which one of the following is not a sign of a snake bite?**

- a. Sweating
- b. Swelling
- c. No problems with breathing
- d. Pain

/1

9.

**When does dehydration occur?**

- a. When there is not enough water in the body.
- b. When a person has drank enough.
- c. When there is enough water in the body.
- d. When a person is properly hydrated.

/1

10.

**If you think someone is suffering from heat stroke you should:**

- a. Leave the patient.
- b. Call the emergency service and try to cool the patient.
- c. Don't call emergency services and leave the patient.
- d. Put the patient in the recovery position.

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11.

**A conflict is a type of disagreement where a person could feel \_\_\_\_\_.**

- a. Pleased
- b. Happy
- c. Threatened
- d. Confused

/1

12.

**Which is a common cause of conflict?**

- a. Frustration
- b. Stress
- c. Tiredness
- d. All of the above

/1

13.

Conflicts often happen as a result of \_\_\_\_\_.

- a. Good communication
- b. A positive attitude
- c. Good discussions
- d. A misunderstanding

/1

14.

Which of the following could result in a conflict?

- a. Having different values or priorities
- b. Respecting the roles of others
- c. Having the same aim or objective
- d. Having the same values

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15.

Which of the following is a warning sign that a conflict might happen?

- a. Anger
- b. Inappropriate communication
- c. Anxiety/unnecessary worrying
- d. All of the above

/1

16.

In order to resolve a conflict, you need to use \_\_\_\_\_.

- a. poor communication.
- b. problem-solving.
- c. nothing.
- d. Poor attitude.

/1

17.

**Why do you get muscle cramps with heat exhaustion?**

- a. Because you are not moving.
- b. Because there is not enough water in the muscles.
- c. Because your legs are not moving.
- d. Because there is too much water in the muscles.

/1

18.

**Why do you sweat with heat exhaustion?**

- a. Because the body is cool enough.
- b. You have too much water in the body.
- c. Because the body is trying hard to cool itself.
- d. The body needs to remove some water.

/1

19.

**Which of the following are conflict management styles? Choose four.**

- a. Accommodating
- b. Avoiding
- c. Assessing
- d. Collaborating
- e. Compromising
- f. Conversation

/4

20.

When does an insect sting become serious?

- a. If the person gets the sting treated.
- b. If the person applies sting relief cream.
- c. If the person does nothing.
- d. If the person has an allergic reaction.

/1

21.

Put the following steps for emergency care for heat exhaustion in the correct order.

- If the person is responsive, give them water or a sugary drink.
- Cool the person with a water spray or with cool or damp material.
- Wear personal protective equipment (PPE) such as disposable gloves.
- Get the first aid kit.
- Tell the person to lie down in a cool place.
- Call the emergency services.

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22.

Being even slightly dehydrated can give you a headache.

- a. True
- b. False

/1

23.

If a snake contains venom when it bites someone, it does not have serious health effects.

- a. True
- b. False

/1

24.

Can you match the images to steps of first aid for a snake bite?



Get the first aid kit

Ring the emergency services

Remove any tight jewellery

Wash the area with water and soap

/4

25.

Which of the following are signs of a scorpion sting? Choose two.

- a. Vomiting
- b. Weakness
- c. Fever
- d. Fast heart rate

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/2

26. Fill in the blanks about snake bites.

If a snake contains \_\_\_\_\_ when it bites a person, it can have a serious effect on their health. You can only tell is a snake is venomous if you know its \_\_\_\_\_.

markings

venom

/2

27. Fill in the blanks about conflict with others.

A \_\_\_\_\_ is a serious \_\_\_\_\_. It happens between people with \_\_\_\_\_ opinions or \_\_\_\_\_. Conflict can also happen when someone does not \_\_\_\_\_ the views of \_\_\_\_\_.

*different*                      *beliefs*                      *conflict*                      *disagreement*  
*respect*                      *others*

/6

28. Fill in the blanks about insect stings.

An insect sting can be painful for the patient. It can cause \_\_\_\_\_ pain and \_\_\_\_\_ in the area of the sting. A bee is the only insect that leaves the \_\_\_\_\_ in the patient.

*itching*                      *mild*                      *stinger*

/3

29.

Mild exposure to heat can result in \_\_\_\_\_.

- a. Being well hydrated
- b. Dehydration
- c. Feeling good
- d. Feeling full of energy

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30.

Environmental emergencies can be caused from natural or human factors.

- a. True
- b. False

/1

**TOTAL**  
**/50**

## Health Science Grade 11 T3 Mock Exam Answers

1. C
2. A
3. D
4. D
5. B
6. D
7. B
8. C
9. A
10. B
11. C
12. D
13. D
14. A
15. D
16. B
17. B
18. C
19. A C D E
20. D
21. In order:
  - Get the first aid kit.
  - Wear personal protective equipment (PPE) such as disposable gloves.
  - Call the emergency services.
  - Tell the person to lie down in a cool place.
  - Cool the person with a water spray or with cool or damp material.
  - If the person is responsive, give them water or a sugary drink.
22. A
23. B
24. In order:
  - Wash the area with soap and water
  - Remove any tight jewelry
  - Get the first aid kit
  - Ring the emergency services
25. A C
26. In order:
  - Venom
  - Markings
27. In order:
  - Conflict
  - Disagreement
  - Different
  - Beliefs
  - Respect
  - Others
28. In order:
  - Mild
  - Itching
  - Stinger
29. B
30. A