

Multiple choice

Part 1:

Choose the correct answer. Circle A, B, C or D.

1.	Which of the following is a way to improve physical health?
(A)	Have an unbalanced diet
(B)	Poor hygiene practices
(C)	Do no physical activity
(D)	Manage chronic illnesses such as diabetes

2.	When people _____, they must get their message across clearly to the other person.
(A)	feel emotions
(B)	communicate
(C)	put pressure on themselves
(D)	value others

3.	_____ is when you use words to communicate.
(A)	Using facial expressions
(B)	Verbal communication
(C)	Using body language
(D)	Non-verbal communication

4.	Recognising and expressing emotions and feelings is part of a person's _____.
(A)	social health
(B)	emotional health
(C)	physical health
(D)	mental health

5.	Which of the following is not a dimension of health?
(A)	Physical health
(B)	Social health
(C)	Clinical health
(D)	Emotional health

Multiple choice

6.	_____ is the emergency help given to a sick or injured person until they can get full medical treatment.
(A)	Specialist healthcare
(B)	A dietary review
(C)	First aid
(D)	Physical therapy

7.	First aid training will give you the confidence to _____ in an emergency situation.
(A)	leave the scene
(B)	not be prepared
(C)	worry
(D)	stay calm

8.	Which of the following should you consider when assessing the scene of an accident?
(A)	Is there any danger for you and the casualty?
(B)	Are there other people around to help?
(C)	Who is ill/injured?
(D)	All of the above.

9.	You should phone for an ambulance and ask for help when:
(A)	the patient has a small papercut.
(B)	someone is seriously ill or injured.
(C)	the person is not injured at all.
(D)	the patient has a graze on their knee.

10.	Which of the following is a common cause of a spinal cord injury?
(A)	Paper cut
(B)	Diabetic episode
(C)	Heart disease
(D)	Fall from height

Multiple choice

11.	Which of the following may be a sign of low self-esteem?
(A)	Thinking other people are better than you.
(B)	Accepting compliments from others.
(C)	To focus on the positives.
(D)	All of the above.

12.	In order to _____ feelings, it is important to try to recognise the emotion or feeling early on.
(A)	ignore
(B)	forget
(C)	manage
(D)	disregard

13.	Feelings are the body's way of giving meaning to _____.
(A)	emotions
(B)	pressure
(C)	self-pressure
(D)	compliments

14.	If you have _____ relationships with family and friends, it can have a positive effect on your health.
(A)	good
(B)	poor
(C)	bad
(D)	negative

15.	Which of the following is a way to improve other people's self-esteem?
(A)	Give poor advice.
(B)	Support your friends by listening to them when they have a problem.
(C)	Do not give compliments.
(D)	Criticise your friends.

Multiple choice

16.	During pregnancy when does the foetal stage of development officially start?
(A)	After 14 weeks of pregnancy
(B)	After 19 weeks of pregnancy
(C)	After 10 weeks of pregnancy
(D)	Between weeks 13 – 16 weeks of pregnancy

17.	A _____ amount of physical development occurs in infants.
(A)	little
(B)	poor
(C)	small
(D)	huge

18.	Which of the following is not a motor reflex in infants?
(A)	Blinking
(B)	Running
(C)	Rooting
(D)	Grasping

19.	Which of the following best describes immunity?
(A)	The immune system recognises a disease and produces the antibodies to fight it.
(B)	The immune system allows the disease into the body.
(C)	When the immune system recognises the disease and helps it grow.
(D)	When a disease enters the body and the immune system ignores it.

20.	_____ an infant may be able to roll over independently.
(A)	By one month old
(B)	By 2 months old
(C)	By 5 months old
(D)	By 3 months old

Activity-based questions

Part 2:

21.	All of the dimensions of health can have an impact on each other.	/1
(A)	True	
(B)	False	
22.	An amputation is the complete removal of tissue from the body.	/1
(A)	True	
(B)	False	
23.	There is a not a national immunisation programme in the UAE.	/1
(A)	True	
(B)	False	
24.	Self-esteem is how a person thinks and feels about themselves.	/1
(A)	True	
(B)	False	
25.	Which of the following are factors that affect body weight? Choose four.	/4
(A)	Family history	
(B)	Physical activity	
(C)	Poor communication	
(D)	Healthy eating	
(E)	Eye colour	
(F)	Health status	
26.	Which of the following external bleeding situations would you call an ambulance for? Choose three.	/3
(A)	Your friend has cut their arm and it is bleeding very heavily.	
(B)	Someone has a paper cut.	
(C)	Someone has cut themselves on glass and it will not stop bleeding.	
(D)	Your friend has fallen, has a large cut on her leg and there is a lot of blood.	
(E)	Your friend has fallen and grazed her knee.	

Activity-based questions

27.	Fill in the blanks about barriers to health.	/6
<p>Health is constantly _____ because some of the things that affect health can change. There are some things that affect health that the individual _____ control. These are called _____ to health. Barriers to health can include the health care facilities in the _____ and the _____, which may stop people exercising _____.</p> <p style="text-align: center;"><i>A. cannot B. weather C. outside D. community</i> <i>E. barriers F. changing</i></p>		
28.	Fill in the blanks about managing emotions.	/4
<p>All emotions are _____. We can use different skills and coping _____ to help _____ different emotions. This leads us to being able to control emotions and adjust our _____ and behaviour.</p> <p style="text-align: center;"><i>A. mindset B. manage C. important D. strategies</i></p>		
29.	Fill in the blanks about dressings and bandages.	/5
<p>_____ can be either internal or _____. Dressings and bandages can be used to stop this bleeding. A dressing is material that is used _____ on the wound to stop bleeding. A _____ is material that is used to protect or cover an injury. It can also be used to apply _____ to a wound by tying it tightly.</p> <p style="text-align: center;"><i>A. external B. bandage C. Bleeding D. directly E. pressure</i></p>		

Activity-based questions

30.	Which of the following should you not do when wearing disposable gloves? Choose four.	/4
(A)	Wear the same gloves when treating different patients.	
(B)	Change your gloves with each use.	
(C)	Wash your hands straight away after removing your gloves.	
(D)	Do not wash your hands after removing your gloves.	
(E)	Wash the gloves before using them with the next patient.	
(F)	Touch your face and clothes with contaminated gloves.	