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Health Education

Duration 2 Hours

100 Marks

EXAMINERS

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Closed book examination

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Instructions:

Answer all questions for Section A and all questions in Section B

This paper consists of **SEVEN (7)** pages

(TURN OVER)

QUESTION 1

Select the correct answer for each of the following questions. Write the letter only – for example 1.11 H.

1.1. Any activity undertaken for preventing or detecting disease is called _____
(A) health care
(B) tertiary prevention
(C) health
(D) health behaviour

1.2. What is the first step when assessing more than one victim at an accident scene?
(A) Remove valuables
(B) Assess if a victim is conscious or not
(C) Pick up the victim from the floor or pull him/her from the car
(D) Inform the family

1.3. Which one of the following is classified as a risk factor for diabetes?
(A) lack of exercise
(B) environmental factors such as smoking
(C) having a baby who weighed less than 9 pounds at birth
(D) None of the above

1.4. Tommy is one of your learners and it came to your attention that he does not pay attention to details and tends to make a lot of mistakes and struggles with organisational skills. Which condition is Tommy likely to be diagnosed with?
(A) Anxiety
(B) Impulsive disorder
(C) Social Phobia
(D) Hyperactivity disorder

1.5. Which one of these statements talks to safety at school?
(A) Wearing a life jacket when in a boat
(B) Knowing how to report emergency
(C) Having stairways well lit
(D) Keeping firearms safely locked away

1.6. Cultural beliefs such as saying that women should be the ones looking after children is known as_____.
(A) sexual orientation
(B) gender roles
(C) gender role stereotypes
(D) heterosexuality

1.7. Which one of the following behaviours is not related to stress?
(A) nail biting
(B) being overly critical
(C) loss of appetite
(D) enthusiasm

1.8. Hormones are chemicals produced by which body system?
(A) Endocrine system
(B) Digestive system
(C) Circulatory system
(D) Nervous system

1.9. Puleng has been self-medicating on sleeping pills and now takes them simultaneously with alcohol for a better effect. This is a classic example of_____
(A) psychedelics
(B) drug misuse
(C) drug abuse
(D) alcoholism

1.10. Clearing of trees to transform land for commercial use such as building malls, make room for crops and harvesting timber is called _____ .
(A) global warming
(B) photosynthesis
(C) hazardous waste
(D) deforestation

(10)

QUESTION 2

Read the statement below and indicate whether the statement is true or false If the answer is correct write (A) next to the corresponding number If incorrect, write the symbol (B) next to the corresponding number For example, if the answer to question 11 is correct, your answer would be 11 A

2 1. Lifestyle behaviours are only influenced by cultural beliefs.
A) True ✓
B) False

2.2. Haemoglobin is protein that gives blood its red colour.
A) True
B) False

2.3 Aggressive bullies do not enjoy being in control of others
A) True
B) False

2.4 Female sex hormones are called testosterone.
A) True
B) False

2.5 Narcotics are painkillers that can be used to induce sleep.
A) True
B) False

QUESTION 3

Match the terms in column A with the correct definition from column B. Write the correct letter only e.g. 3.11. - B

	Column A			Column B
3 1	Insulin shock	E	A	A hormone produced by the pancreas which aids in the digestion of sugar
3 2	Plasma	C	B	Failure to provide for the physical and emotional needs of a child
3 3	Pain attack	G	C	Liquid component in which blood cells are suspended
3 4	Shock	H	D	Complete or partial blockage of airways
3 5	Neglect	B	E	Too much insulin in blood resulting from low blood sugar
3 6	Epilepsy	J	F	Gases resulting from the high temperature combustion of energy sources such as coals and oils by power plants and motor vehicles
3 7	Insulin	A	G	Lack of oxygen to heart and brain
3 8	Choking	D	H	Sudden onset of intense apprehension fearfulness or terror often associated with feelings of impending doom
3 9	Hydrocarbons	F	I	Gases that produce smog from the burning of fuel oil and transportation fuels
3 10	Nitrogen oxide	I	J	Brain disorder characterised by seizures

(10)

TOTAL [30]

QUESTION 4

4.1 A state of a person's health is determined by a variety of factors which interact with each other affecting a child's health continually for better or for worse Name and discuss three factors that can influence the child's health from conception to birth (9)

4.2 What is the difference between health education and health promotion? (4)

4.3 Identify four ways in which the school can contribute towards drug prevention (4)

4.4 How would you help children under your care to deal with stress? (4)

4.5 Name four cardiovascular diseases that are most common in children (4)

4.6 Elisabeth Kubler- Rose identifies five stages of dying that a person goes through when faced with death What are those stages? (5)

[30]

QUESTION 5

Steven is one of your learners in Grade 4 and one morning you notice bruises on his upper arm and there is also a blue mark under his left eye Steven also complained of a headache and avoids playing with his friends You also noticed that Steven often misses school on Mondays and when he comes to school there would be what seems like bruises on both sides of the body When you inquire with his caregivers/parents, their response is that the bruises resulted from accidental causes

5 1 Briefly explain what might be happening in Steven's life with examples (3)

5 2 Identify and discuss three kinds of abuse that learners can be exposed to (9)

5 3 The teacher has a responsibility to report suspicions of abuse in her/his line of duty Outline the role that you will play in reporting this case (6)

5 4 Give the definition of what physical neglect is (2)

[20]

QUESTION 6

6 1 Accidents are the leading cause of death in the world Name for precautions that parents should take in the kitchen to ensure that children do not get injured (4)

6 2 Name five anti-pollution measures one can take to conserve and preserve the environment (5)

6 3 Discuss how the following chemicals can affect a person's health

6 3 1 Asbestos (3)
6 3 2 Lead poisoning (3)

6 4 Identify two water pollutants and explain how water becomes polluted (5)
[20]

Total = 100

EXAMINERS
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Factors influencing the childs health since birth (9)

Environment → Children need stimulants: Physical environment & surroundings their social environment & geographical surroundings. Well nutured child will obviously do better than a under-fed child. Good school & family will enable the child to excell.

Exercise & Health → This refers to normal play time & sports activities. This will assist learners to build muscle strength & put on bone mass. Proper exercise will help children grow, it also helps them fight off diseases and strengthens their immune system.

Nutrition → Critical for growth. The body & everything else needs food / nutrients to repair itself from the food we eat. Malnutrition can cause deficeancy disease and effect a childs growth & development. Overeating though, can cause obesity & health problems such as diabetes & heart diseases.

Health Education VS Health Promotion (4)

Health Promotion is concerned with Promoting a healthy lifestyle and Preventing illness, and includes social & political factors. Health education is concerned with informing People about health issues

Ways to contribute towards drug Prevention @ school (4)

Parental monitoring & supervision are critical for drug abuse Prevention. These can be enhanced by training on rule setting, Praise for appropriate behaviour. Mentoring programs, Posters, key-note speakers

How to help children deal with stress? (4)

- ↳ encourage healthy & diverse friendships
- ↳ encourage Phyical activity
- ↳ encourage the expression of feelings
- ↳ encourage the child to say if they feel overwhelmed.

Cardiovascular diseases that are most common in children (4)

↳ Hypertension or high blood Pressure
↳ Coronary heart disease
↳ Stroke
↳ Congenital heart disease.

Five stages of death (5)

↳ Denial & isolation
↳ Anger
↳ Bargaining
↳ Depression
↳ Acceptance

Question 5

5.1 Steven might be undergoing physical abuse at home. Physical abuse, or in this case entails hitting or punching, or anything else that hurts or scares a child. The physical signs include swelling or bruising on body. Behavioural extreme such as withdrawl & complaints about pain, such as the headches.

5.2 x3 Types of abuse

✓ Physical abuse
✓ Emotional neglect
✓ Sexual abuse

5.3 Role of a teacher when reporting abuse (6)

Record the child's version of events, in their own words
In case of sexual abuse, the "first report" is important evidence
The teacher should report their suspision to the Principle of the school as well as a social worker, medical doctor & Police.
The teacher should <u>never</u> confront the Parents, as this could anger the Parents

5.4 Define Physical neglect (2)

Physical neglect refers to the inability, to/by the Parent or care giver to look after ones child. Intails inadequate supervision.

5.1 Question 6.

6.1 Precautions that should be taken in the kitchen (4)

✓ All medicines need to be labelled and stored away, out of childrens reach
✓ All sharp objects need to be placed away, unreachable by children
✓ All breakable items such as glass needs to be stores away

6.2 Name x5 anti-Pollutants measures one can take to Preserve the environment

✓ Minimise exposure to carbon emmissions / monoxide from cars / home appli
✓ Grow Plants in the home, for clean fresh air
✓ ~~Stress hand washing~~. Walk or cycle as much as Possible
✓ Stop Smoking
✓ Conserve energy by switching off lights in your house.

6.3 How does this effect your health? (6)

- Asbestos - Mineral widely used in construction is found in fireproofing materials. Exposure increased the risk of lung cancer, if the asbestos becomes airborne, the fibres can be trapped inside the lungs, causing other cancers
- Lead Poisining - Heavy metal found naturally in soil or groundwater. Poisoning can occur by the ingestion of particles containing lead. Lead Poisining can damage the brain & nervous system.

6.4 X2 Water Pollutants (5)

- People dump their garbage, fertilizer, detergents into the water (Industrial Wastes, Animal fertilisers, thermal Pollution)