**HEALTH EDUCATION - GRADE 7TERM 1 EXAMS 2023**

**QUESTIONS**

1. Grade seven Health Education teacher asked the learners to define the following terms. Write the correct answer that they gave.
(2mks)
	1. Health
	2. Health Education
2. Julia listed career opportunities in Health Education. Identity five career opportunities she listed.
3. Using a digital device, Tony searched for importance of Health Education for health living. Outline four importance.   (4mks)
4. Briefly explain how the following activities promote health living. (2mks)
	1. 
	2. 
5. While discussing Health Education, you explained the meaning of the term health promotion. Write the best explanation you gave. (1mk)
6. Moses wrote different ways of promoting wellness in individual and community. Write five ways.    (5mks)
7. Kennedy wrote challenges that may hinder health promotion in a community. Give four challenges.      (4mks)
8. Learners from Bidii primary school wrote down ways in which good governance promote health in a community. Write down four ways.               (4mks)
9. You have been asked to explain the term nutrients. Give the **best** explanation.            (1mk)
10. Dorah was asked to differentiate between micro and macro-nutrient. Write the **best** description she gave.       (2mks)
11. Thomas listed health concerns that are affecting people in the community. Write five health concerns.    (5mks)
12. Suggest **four** ways on how you can help in promoting good health in the community as an individual.
13. Emmah saw a child with marasmus. Write down **four** signs and symptoms of the macro-deficiency disease that the child had (4mks)
14. Mary has bought foods that provide carbohydrates. List **three** foods that she might have bought.           (3mks)
15. Samson listed down deficiency diseases and disorders that are caused by lack of certain micro-nutrients. Identify the nutrients that its deficiency causes each of these diseases and disorders.           (4mks)
	1. Anaemia
	2. Goitre
	3. Rickets
	4. Scurvy

**MARKING SCHEME**

1. 1. * A state of complete physical, mental and social well being.
		* A state of being free from any physical, mental or social illness. (award any 1 correct answer)
	2. * The study of ways of maintaining personal health and that of the community.
		* Education that involves promoting knowledge and understanding of ways of maintaining personal health and that of the community. (awarded any 1 correct answer)
2. 1. Public health officers
	2. Nutritionists
	3. Doctors
	4. Nurses
	5. Occupational therapists
	6. Psychologists
	7. Clinical officers
	8. Physiotherapists
3. 1. Enables individuals and communities to lead healthier lives.
	2. Enables a person to improve his or her life.
	3. Increases individual's knowledge on health matters.
	4. Makes one to develop positive attitudes about caring for their well-being.
	5. Enables a person to deal with life situations more responsibly.
	6. Makes a person to have the ability to choose a healthy diet.
4. 1. Washing hands helps in removing germs from hands thus reducing chances of getting diseases.
	2. * Playing improves blood circulation in the body which improves health.
		* Playing helps in reducing body weight thus reducing chances of getting diseases and disorders associated with overweight.
		* Playing strengthen body muscles which makes the body to be strong. (Award any 1 correct answer)
5. Health promotion refers to activities and campaigns that are carried out to educate people on how to improve their health.
6. 1. Eating a balanced diet.
	2. Eating clean food.
	3. Drinking clean water.
	4. Doing physical exercises.
	5. Wearing clean clothes.
	6. Having adequate sleep.
	7. Keeping the environment clean.
	8. Having sufficient sleep.
7. 1. High cost of food.
	2. Food preferences based on taste, flavour and colour.
	3. Religious beliefs and doctrines.
	4. Lack of time for physical exercises.
	5. Cultural beliefs and traditions.
	6. High level of illiteracy.
	7. Myths and misconceptions.
	8. Poor infrastructure.
8. 1. Including health education in schools.
	2. Training and employing health officers.
	3. Creating awareness on health education.
	4. Making policies that help in improving health.
	5. Enforcing safety measures hence reducing unhealthy conditions.
	6. Proper use of public resources that are used to improve health.
9. Important substances obtained from food that we eat that the helps in improving body health.
10. Micro-nutrients are needed by the body in small amounts while macro-nutrients are needed by the body in large amounts.
11. 1. Chronic diseases.
	2. Infectious diseases.
	3. Upper respiratory tract infections.
	4. Malnutrition.
	5. Environmental pollution.
	6. Accidents and injuries.
	7. Mental illnesses.
	8. Teenage pregnancies.
	9. Sexual transmitted infections.
	10. Female genital mutilation.
12. 1. Encouraging people to engage in physical exercise.
	2. Creating simple posters with messages on how to improve good health.
	3. Forming groups that helps in cleaning the environment.
	4. Teaching members of the community on the importance of eating balanced diet.
	5. Encouraging people to use clean and safe water.
	6. Discouraging people from polluting water sources.
13. 1. Extreme weight loss.
	2. Chronic diarrhoea.
	3. Stomach shrinkage.
	4. Dehydration.
	5. The skin looks wrinkled like that of an elderly person.
	6. Protruding eyes.
	7. Thin limbs.
	8. General weakness.
	9. Retarded growth.
	10. The head looks bigger in comparison to the rest of the body.
	11. Prominent ribs.
14. Rice, yams, sweet potatoes, maize and cassava.
15. 1. Anaemia - iron
	2. Goitre - Iodine
	3. Rickets - Vitamin D
	4. Scurvy - Vitamin C