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

 **QUESTIONS**

1. What is health? (1mark)
2. What is the meaning of nutrition? (1mark)
3. State two activities that can be carried out to observe health either at home or in. school. (2marks)
4. Describe what health education is. (1mark)
5. Give two examples of plants that are sources of foods. (2marks)
6. State four food items we can get from animals. (4marks)
7. Outline three common nutrient deficiency diseases. (3marks)
8. What causes kwashiorkor? (1mark)

**The diagram below shows a health activity. Use it to answer questions 9 and 10.**



1. Which activity is taking place in the picture? (1mark)
2. What is the importance of the activity taking place in the above picture? (2marks)
3. To which health education related profession would you refer a person with a stomachache? (1mark)
4. Outline two health concerns in your community. (2marks)
5. Name two measures that can be used to prevent common illnesses in your community? (2marks)
6. State the importance of a healthy diet? (1mark)
7. Name two types of nutrients. (2marks)
8. Name two component of a varied diet?
9. Differentiate macronutrients from micronutrients. (2marks)
10. What are the sources of macronutrients? (2marks)

**Study the pictures below and use them to answers questions 19-21,**



1. Identify the food items labeled A, B, C and (2marks)
2. Which nutrients do we obtain from each of the foods in the above pictures? (4marks)
3. Which of the foods in the pictures provide us with macronutrients? (2marks)
4. Outline the importance of health education. (1mark)
5. List three career opportunities that need knowledge in health education. (3marks)
6. What are the roles of the following career people involved in health;
	1. nutritionist (1mark)
	2. nurses (1mark)
	3. doctors (1mark)
7. Which condition is prevented by intake of water and fibre? (1mark)

**MARKING SCHEME**

1. Il refers to the general condition of ones body. It could be physical, mental or social
2. is the process of providing or obtaining the food necessary for a healthy growth
3. * Eating healthy, well cleaned and properly cooked food
	* Cleaning the environment around school or at home
4. It is learning about a habit, interaction and decision related to healthy behavior living and planning for the future
5. Maize plant, Banana plant
6. Milk, meat, eggs, mutton
7. Kwashiorkor, marasmus, rickels, poltre, anaemia
8. It is caused by lack of or insufficient intake of proteins
9. Washing of hands
10. It helps to keep away germs that may cause illness through contamination
11. A doctor
12. Assess
13. Assess
14. A healthy diet ensures one has a healthy body to be able to carry out their daily activities
15. Micronutrients, Macronutrients
16. Carbohydrates, minerals, proteins, vitamins
17. Macronutrients are need in large amounts in the body while micronutrients are need in small amount in the body
18. Carbohydrates, proteins, fats and oils
19. * A-bread
	* B- chicken
	* C- cabbage
	* D. banana
20. * A - carbohydrates
	* B - Proteins
	* C - Vitamins
	* D - Minerals and vitamins
21. * A - bread
	* B - chicken
22. * Chronic disease awareness and prevention
	* Injury and violence prevention
	* Maternal and infant health
	* Mental and behavioral health
	* Nutrition , exercise and obesity prevention
	* Tobacco use and substance abuse
23. Nutritionists, Psychologists, Physical education trainer, health commmunity workers, doctors, nurses.
24. * provides information on healthy mating habits
	* take care of patients admitted in gospitals mas they undergo treatment
	* Trained for diagnosis and treat diseases.
25. Constipation