****

**JUNIOR SECONDARY SCHOOL**

**GRADE 7**

|  |  |
| --- | --- |
| **NAME** |  |
| **GRADE** |  |
| **SCHOOL** |  |
| **ASSIGNMENT NO.** |  |

**GRADE 7 EXAMIANTION**

**HEALTH EDUCATION**

**Time: 1 hour 20 minutes plus 10 minutes reading time**

**INSTRUCTIONS TO CANDIDATE**

* Write your name. Candidate number. Class and school in the box above
* Do not open this booklet until you are told to do so
* You are given 10 minutes to read through the questions. Do not start writing until you are told to do so
* Read each question carefully
* Answer all the questions
* Write your answer in either blue or black ink, in the spaces provided in the booklet

**FOR THE USE OF MARKERS ONLY**

|  |  |
| --- | --- |
| **MARKS** | |
| **OUT OF** | **50** |
| **PERCENTAGE** |  |

1. Define Health **(2mks )**
2. Define health education **(2mks )**
3. State three importance of health education for healthy living **(3mks )**

i)

ii)

iii)

1. Grade 7 pupils from a certain school were asked to identify career opportunities related to health education. List 4 opportunities most likely stated **(4mks )**
2. Name two health related activities you can do at school **(2mks )**
3. Explain the cause of the following nutritional deficiencies and disorders
4. Goiter **(1mk)**
5. Constipation **(1mk )**
6. Marasmus **(1mk )**
7. The photo below shows a patient suffering from a certain nutritional disorder



State three signs and symptoms of the above disorder **(3mks)**

1. During health education lesson. Halima was asked by her teacher to prepare a list of meal that contain all macro-nutrients. Name the three macro nutrients found in the food she listed

**(3mks )**

1. State three examples of non-communicable diseases and disorders **(3mks )**
2. On her way back from school, Anita met a patient with seizure and he kept on jerking his arms and legs. The above patient wars likely suffering from **(2mks)**
3. Explain how Anita can offer first aid to the patient in question 10. **(2mks)**
4. Name any three common physical changes in adolescent boys and girls **(2mks)**
5. State three factors to consider when planning a family meal **(3mks)**

1. Study the pictures below and use them to answer the questions that follow.



B



A



D



C

1. Identify the food items labelled A,B,C and D **(4mks)**

A------

B------

C------

D------

1. Which nutrients do we obtain from each of the food in the above pictures **(4mks)**
2. Which of the foods in the pictures above provide us with macronutrients **(2mks)**