

Task 1 - repeat

QUESTION 1

Correctly match the stages with age group

A	Childhood	1	0 to 2 year
B	Adolescence	2	conception , pregnancy and birth
C	Prenatal	3	12 to 18 years
D	Adulthood	4	65 years and more
E	Older adulthood	5	3 to 11 years
F	Infancy	6	19 to 65 years

QUESTION 2

_____ refers to the measurable physical changes that occur throughout a person's life

- A ☐ Development B ☐ Growth
C ☐ Maturation D ☐ Intelligence

QUESTION 3

Physical development refers to feelings and includes dealing with love, hate, joy, fear, excitement, and other similar feelings.

- A ☐ True
B ☐ False

QUESTION 4

Social development refers to interactions and relationships with other people.

- A ☐ True
B ☐ False

QUESTION 5

Correctly match the following

A	Physical health	1	a situation where one effect causes a series of similar effects to happen
B	Social health	2	refers to feelings and emotions
C	Mental health	3	May include diseases such as diabetes, heart disease, fractures, and cancer
D	Emotional health	4	ability to build and keep relationships
E	Domino Effect	5	includes how we think, feel and act.

QUESTION 6

Challenges within the environment that can effect your state of health are called _____

- A ☐ Domino effect B ☐ Whether effect
C ☐ Barrier D ☐ Peer pressure

QUESTION 7

Select all the causes for poor sleep

- A ☐ Drinking warm milk, B ☐ Caffeine intake in the evening
C ☐ Eating briyani for dinner D ☐ Smoking after dinner
E ☐ Doing relaxation

QUESTION 8

Correctly match the factors with the scenarios

A	Biological factors	1	Nawal's father died when he was five years old. As the only male in the family, he no longer had a father figure which damaged his mental health as he grew older
B	Psychological factors	2	Khalid has a family history of dementia. at the age of 70 he was also diagnosed with the disease.
C	Social factors	3	Hamad has an eating disorder which has been caused by comparing himself to pictures of other boys on Instagram.

QUESTION 9

Match the method of improving emotional health with the correct description

A	Emotional regulation	1	A short walk can help to clear negative thoughts.
B	Exercise	2	Take a few minutes of your day to give your brain a break.
C	Strengthen connections	3	Listen to music, read a book, or write a journal
D	Be mindful	4	Spend time with family and friends, either in person or on the phone.