Grade 11 **Health Science** **Worksheet**

Skills Check Unit 5 Grade 11 General

Instructions: Teachers are to select <u>five</u> of the following questions for skills check 1 and insert them into the skills check template. Each question is worth 1 mark. Students must correctly answer <u>all</u> parts of the question, where appropriate, to gain 1 mark. Students who answer 1 or more parts of the question wrong will be awarded 0 marks for that question.

1. Match the following approaches to health education to their correct definition.

Approach to health education	Definition
Individual approach	
Group approach	
Mass audience approach	

a) When a medical professional teaches a group of people
b) When the media is used to reach a large amount of people
c) One-to-one health education

2. Match the following words to their description.

	Definition
Health promotion	
Health education	

a) An area of study
b) A type of advertisement

3. Which pillar of health promotion uses laws and policies to encourage healthy behaviours?

(A)	Good environments
(B)	Health literacy
(C)	Healthy cities
(D)	Good governance

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4.	Which preventative medical approach aims to stop a disease or injury before it happens?

	(A)	Primary prevention
	(B)	Secondary prevention
	(C)	Tertiary prevention
	(D)	Treatment of disease

5.	Which of the following is an example of secondary prevention?	
	(A)	Health screening
	(B)	Vaccination against disease
	(C)	Laws to keep people safe
	(D)	All of the above

6.	Name one approach to health promotion.

7.	Fill in the blanks.
	_____ deals with preventing disease and promoting health at a community or population level. This is done by _____ or educating people about the _____ of an unhealthy lifestyle. a. risks b. vaccinations c. public health

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8.	What is the first thing that should be done when planning a health promotion campaign?	
	(A)	Target setting
	(B)	Design materials and posters
	(C)	Needs assessment
	(D)	Measure the results

9.	Which of the following is an example of building healthy public policy?	
	(A)	Changing the focus from treating diseases to preventing diseases
	(B)	Creating a law that says people must wear a seatbelt when in the car
	(C)	Planning a community fitness event for people to take part in
	(D)	Creating healthy environments for people to live in, such as parks for exercise

10.	Which approach to health promotion involves working on a one-to-one basis with an individual and health professional?

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