

Task 1 - repeat

QUESTION 1

Correctly match the stages with age group

A	Childhood	→	
B	Adolescence	→	
C	Prenatal	→	
D	Adulthood	→	
E	Older adulthood	→	
F	Infancy	→	

1	0 to 2 year	2	conception , pregnancy and birth	3	12 to 18 years	4	65 years and more
5	3 to 11 years	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	→	
B	Social health	→	
C	Mental health	→	
D	Emotional health	→	
E	Domino Effect	→	

1	a situation where one effect causes a series of similar effects to happen	2	refers to feelings and emotions
3	May include diseases such as diabetes, heart disease, fractures, and cancer		
4	ability to build and keep relationships	5	includes how we think, feel and act.

QUESTION 6

Challenges within the environment that can affect 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 biryani for dinner D Smoking after dinner
 E Doing relaxation

QUESTION 8

Correctly match the factors with the scenarios

A	Biological factors	→	
B	Psychological factors	→	
C	Social 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	2	Khalid has a family history of dementia, at the age of 70 he was also diagnosed with the disease.
3	Hamad has an eating disorder which has been caused by comparing himself to pictures of other boys on Instagram.	4	

QUESTION 9

Match the method of improving emotional health with the correct description

A	Emotional regulation	→	
B	Exercise	→	
C	Strengthen connections	→	
D	Be mindful	→	

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