Date: _____ Instructor: neseeba unikandath

Student Name/ID#: _____ Total Score: / 100

STS_ADVETI - G11 HSS01: S1

Task 1 - repeat

QUESTION 1 /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 /1

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

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

QUESTION 3 /1

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

A ☐ True
B ☐ False

QUESTION 4 /1

Social development refers to interactions and relationships with other people.

A ☐ True
B ☐ False

QUESTION 5 /1

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 /1

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 /1

Select all the causes for poor sleep

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

QUESTION 8 /1

Correctly match the factors with the scenarios

A	Biological factors	
B	Psychological factors	
C	Social factors	

1 Nawaf'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 /1

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.

LIVEWORKSHEETS