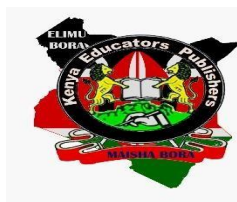


KENYA EDUCATORS CONSULTANCY EXAMS



JUNIOR SECONDARY SCHOOL GRADE 7 END TERM 1 EXAM- 2023 HEALTH EDUCATION

Time: 2 hours

Name..... School.....

INSTRUCTIONS TO CANDIDATES:

.Do not open the booklet until you are told to do so.

.Read each question carefully.

.Answer ALL the questions.

.Write your answers, in either blue or black ink, in the spaces provided in the booklet

FOR EXAMINERS ONLY

Questions 1-21 Out of 100 marks	Candidate Score	Candidate performance level
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1. Define the following terms:
 - i. Health (1mk)
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 - ii. Health education. (1mk)
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2. List down 5 importance of health education. (5mks)
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3. List 4 career opportunities in health education. (4mks)
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4. List 5 benefits of healthy living. (5mks)
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5. Highlight 5 health concerns in the communities. (5mks)
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6. Explain 3 challenges hindering health promotion in the community. (6mks)

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7. List 4 ways in which good governance sustains health promotion. (4mks)

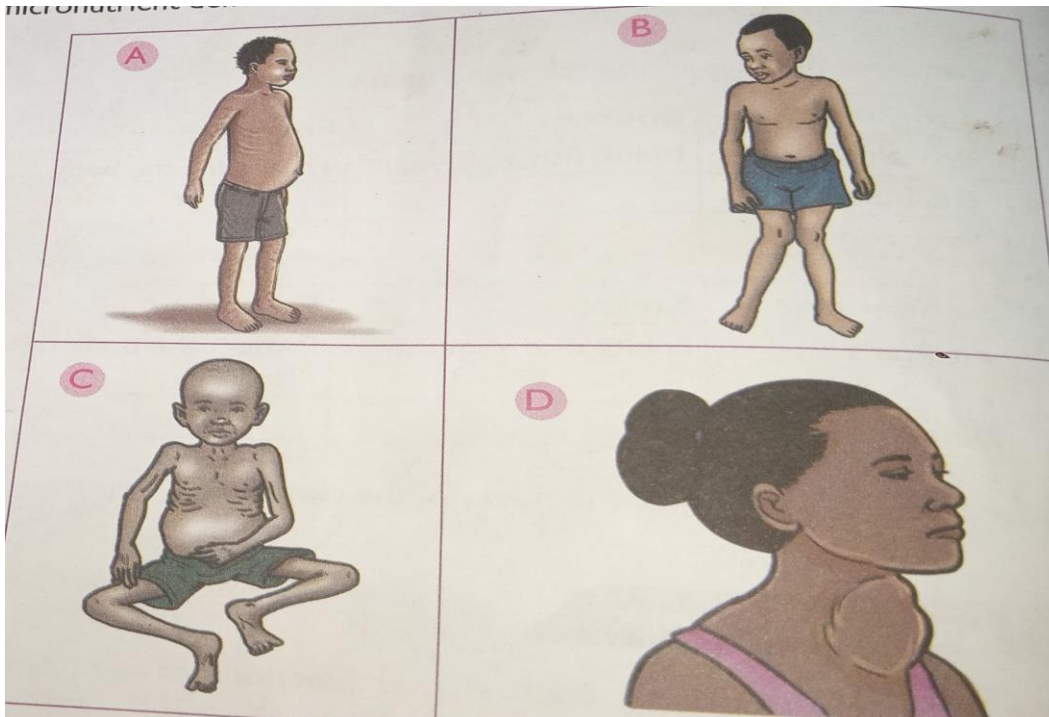
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8. The following are pictures of people suffering from macronutrient and micronutrient deficiencies and disorders.



i. Identify the nutritional deficiencies and disorders that people in the picture A,B,C and D are suffering from. (4mks)

- A.....
- B.....
- C.....
- D.....

ii. Identify the sign and symptom of each deficiency. (4mks)

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9. Find and circle macronutrient and micronutrient deficiencies and disorders. 6mks

A	R	I	B	O	F	L	A	V	J	N	O	S	I	S
R	F	A	B	S	D	F	X	C	H	J	W	E	V	U
G	H	P	E	L	L	A	G	R	A	K	R	Y	B	T
B	G	V	R	R	J	O	P	O	P	A	F	K	I	W
M	S	U	I	T	R	J	S	C	U	R	V	Y	S	H
N	E	R	B	T	W	U	Z	O	F	D	X	B	N	M
A	N	A	E	M	J	A	P	O	Q	A	H	V	Z	F
Z	M	A	R	A	S	M	U	S	L	S	H	R	X	O
J	F	N	S	G	H	T	B	L	J	N	D	O	S	S

10. List 3 intervention measures that prevent nutritional deficiencies and disorders. (3mks)

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11. State 4 roles of dietary fibre and water in promoting health. (4mks)

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12. What is digestion? (1mk)

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13. Give the function of the following part of a digestive system.

i. Oesophagus (gullet) (1mk)

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ii. Stomach. (1mk)

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iii. Small intestines. (1mk)

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iv. Rectum. (1mk)

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14. Write down the causes of the following common conditions and diseases that affect the digestive system.

i. Acid reflux. (2mks)

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ii. Ulcers. (2mks)

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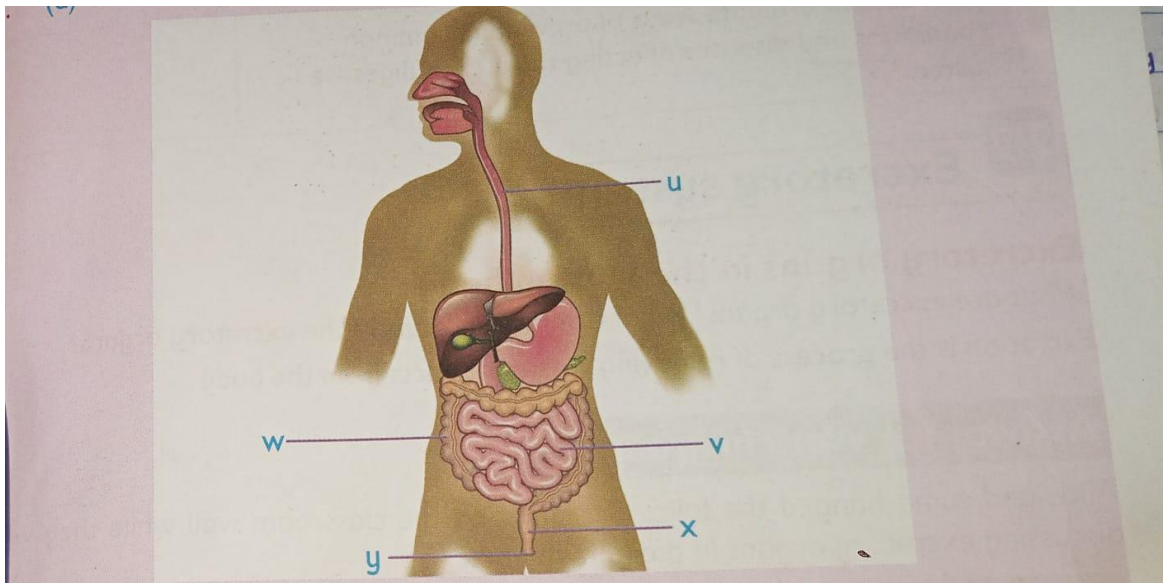
iii. Constipation. (2mks)

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iv. Roundworms. (2mks)

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15. The following diagram shows a digestive system of a human being. Study it and name the parts named U,V,W,X and Y. (5mks)



- U.....
- V.....
- W.....
- X.....
- Y.....

16. List down ways of preserving conditions and diseases of the circulatory system. (5mks)

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17. Copy and complete the table below.

(9mks)

Disease	Cause(s)	Signs and symptoms	Preventive measures
Heart attack
Stroke
Hypertension

18. i. Define the term circulatory system.

(2mks)

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ii. Outline the components of the circulatory system.

(3mks)

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19. List down 4 excretory organs in human beings. (4mks)

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20. Outline 3 functions of the human skin. (3mks)

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21. List 5 ways of preventing skin diseases and conditions. (5mks)

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