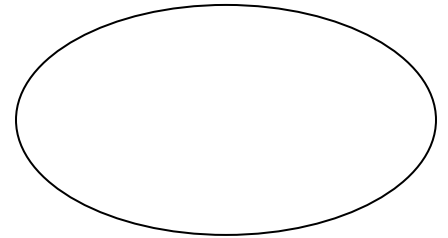


HEALTH EDUCATION - GRADE 7 ENDTERM **1 2023 HOLIDAY ASSIGNMENT**

Name.....Adm No.....Class.....

School

GRAND TOTAL



Instructions:

-Learners to attempt the questions in the spaces provided in this booklet during this holiday and use the marking schemes provided by Mr Machuki (0724333200) for marking and revision purposes.

Define the following terms.

1. Health (2mks)
2. Health education (2mks)
3. State three importance of health education for healthy living. (3mks)

State three signs and symptoms of the above disorder. (3mks).

8. During Health Education lesson, Halima was asked by her teacher to prepare a list of meal that contain all macro-nutrients. Name the three macro-nutrients found in food she listed. (3mks)

9. State three examples of non-communicable diseases and disorders. (3mks)

10. On her way back home from school, Anita met a patient with seizure and he kept on jerking his arms and legs. The above patient was most likely suffering from _____ (1mk)

11. Explain how Anita can offer first aid to the patient in question 10. (3mks)