HEALTH EDUCATION - GRADE 7 ENDTERM 1 2023 HOLIDAY ASSIGNMENT

	eAdm No	0Class
Schoo	o1	GRAND TOTAL
	Instructions:	
this prov	urners to attempt the questions in the solooklet during this holiday and use the idea of the bound of the soloon o	e marking schemes
Define	e the following terms.	
	Health (2mks)	
1.	Health (2mks) Health education (2mks)	

4.	Grade 7 pupils from a certain school were asked to identify career opportunities related to Health Education. List 4 career opportunities they most likely stated. (4mks)
5.	Name two Health Education related activities you can do at school? (2mks)
6.	Explain the cause of the following nutritional deficiencies and disorders. (3mks) a. Goitre
	b. Constipation
	c. Marasmus
7.	The diagram below shows a patient suffering from a certain nutritional disorder.

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