

**GRADE 7 JSS HEAD START EXAMS 2024
HEALTH EDUCATION**

2

Define the following terms.

1. Health (2mks)

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2. Health education (2mks)

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

i) _____

ii) _____

iii) _____

.....

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)

i) _____

ii) _____

iii) _____

iv) _____

.....

5. Name two Health Education related activities you can do at school? (2mks)

i) _____

ii) _____

.....

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)

- i) _____
- ii) _____
- iii) _____

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)

18. Mention the 3 methods of preserving cereals. (3mks)

- i) _____
- ii) _____
- iii) _____

19. Name 2 examples of synthetic textile fibres. (2mks)

- i) _____
- ii) _____

20. Name any three common physical changes in adolescent boys and girls. (3mks)

- i) _____
- ii) _____

21. Give the difference between cosmetics and accessories. (2mks)

22. The two examples of minerals required by our body are iron and _____ (1mk)

23. State any 3 factors to consider when planning a family meal. (3mks)

- i) _____
- ii) _____
- iii) _____

24. What is weaving? (1mk)

25. Torn pockets is a damage that occurs on pockets. Name the other damage likely to occur on a pocket. (1mk)
