Name : _____ ( ) Class : _____

Health Management & Social Care
F.3 Summer learning materials & worksheet

1. There are different perspective of health, (e,g, physical 生理, psychological 心理, social, 社交 spiritual 靈性, ecological 生態 and cultural 文化 perspective). Put down ***one*** perspective of health to each of the following statements.

Statement	Perspective
"Health" means we seldom get anxious.	**psychological**
"Health" means we are not being ill.	(a)
"Health" means we have good relationships with our parents and peers.	(b)
"Health" means we have unpolluted places to live in.	(c)
“Health” means we have good self-esteem and self-image.	(d)
“Health” means we have a belief, custom and behaviour, this will affect our food culture and human relationship.	(e)
“Health” means we find out our aims, targets of life and have a meaningful life. .	(f)

2.

Elisa is a young pregnant woman who has just separated from her boy-friend. Elisa was very upset about the separation and soon became addicted to alcohol. During a medical check-up, she was advised to stop drinking.

(a) Identify ***two*** social needs (社交需要) of Elisa. (2 marks)

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(b) Suggest ***two*** possible harmful effects on the foetus if Elisa continues to take alcohol during her pregnancy (懷孕期間). (2 marks)

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(c) What socio-psychological problems (社交心理問題) may Elisa face after birth of baby? (2 marks)

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3.

Howard is 43 years old. He lives in a big house in a nice area with his wife, Jenny (32 years old) and their son, Charles (6 years old). Howard has a decent job and earns a good salary. Because of the demands of his job, he spends a lot of time at work and does not have much time for his wife and their son. As compensation, he buys everything they like, wishing that materials can compensate the missing time for his family.

Howard does not have many friends. He does not have any hobbies or leisure activities at all. Work seems to be his whole life. He seldom visits his parents who live in a rural area.

Recently, Jenny wanted to leave Howard because she has fallen in love with another man. Howard begins to feel tired with his life and starts to look for changes. Yet, he does not know how to support his life if he quits his job. As a result of all this stress, Howard takes up drinking.

Suggest ***four*** possible solutions to help Howard solve his problems. (4 marks)

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4. There are ***four*** parenting styles (父母管教方式) affect the personal development of children. Complete the following table by filling the corresponding parenting style, e.g authoritative (權威開明型), authoritarian (權威專制型), neglecting (疏忽冷漠型) and permissive (寬大嬌寵型). (4 marks)

Type of parenting style	**Possible characteristics of children**
Permissive	More self-centered, confident in exploring their surroundings and usually rank low in self-regulation.
(a)	Children are responsible, high in self-regulating, more cooperative with others and can handle things independently.
(b)	Lack of security (缺乏安全感), low ability of study so children's intellectual and emotional development may be slower.
(c)	No responsibility, not follow rules, rank low in self-regulation and may not able to finish work under supervision

5. If a person weighs 75kg (165lbs) & 1.72m height, what is his BMI?

(a) 75kg / 1.72m = 43.6, obesity
(b) 165lbs / 1.72m = 95.9 obesity
(c) 1.72^2m / 75kg = 0.039 underweight
(d) 75kg / 1.72^2 = 25.4 overweight

6. What deficiency disease (缺乏性疾病) a person will suffer from lacking of vitamin A?

(a) night-blindness (夜盲症)
(b) scurvy (壞血病)
(c) constipation (便秘)
(d) osteoporosis (骨質疏鬆症)

7. What deficiency disease (缺乏性疾病) a person will suffer from lacking of vitamin C?

(a) night-blindness (夜盲症)
(b) scurvy (壞血病)
(c) constipation (便秘)
(d) osteoporosis (骨質疏鬆症)

8. What deficiency disease (缺乏性疾病) a person will suffer from lacking of vitamin D and calcium?

(a) goitre (大頸泡)
(b) scurvy (壞血病)
(c) constipation (便秘)
(d) osteoporosis (骨質疏鬆症)

9. What deficiency disease (缺乏性疾病) a person will suffer from lacking of dietary fibres (食物纖維) ?

(a) goitre (大頸泡)
(b) scurvy (壞血病)
(c) constipation (便秘)
(d) osteoporosis (骨質疏鬆症)

10. What deficiency disease (缺乏性疾病) a person will suffer from lacking of iodine?

(a) goitre (大頸泡)
(b) scurvy (壞血病)
(c) constipation (便秘)
(d) osteoporosis (骨質疏鬆症)

11. We have different life stage during our life, known as ***infancy*** (嬰兒期) (aged 0 - 3 years old), ***childhood*** (童年期) (aged from 4 to 12 years old), ***adolescence*** (青少年期) (aged from 13 to 17 years old) ***adulthood*** (成年期) (aged from 18 to 60 years old) ***elderly*** (老年期) (over 60 years old). Complete the table below to give the correct life stage in which each event could occur. (3 marks)

Event	**Life Stage**
Starting secondary school	**childhood**
Starting to manage own financial affairs	(a)
Taking care of grandchildren	(b)
Achieve more independent	(c)
Start to learn toilet training	(d)

12. Our body needs certain proportion of macronutrients (主要營養素), e.g. carbohydrates, fats and proteins; and also small amount of micronutrients (微量營養素), e.g. minerals and vitamins, to maintain our physical health. Write down the Chinese for the following.

Name in English	**Name in Chinese**
Carbohydrates	碳水化合物
Proteins	(a)
Fats	(b)
Vitamins	(c)
Minerals	(d)

13. Write down the name of the following official department or organization in Chinese or English:

Name in English	**Name in Chinese**
Hospital Authority	醫院管理局
(a)	衛生署
Equal Opportunity Commission	(b)
Family Planning Association of Hong Kong	(c)
Social Welfare Department	(d)
(e)	勞工署
Hong Kong Customs and Excise Department	(d)