

KCAU 001 HEALTH AWARENESS AND LIFE SKILLS
ANSWER ALL QUESTIONS

“It is health that is real wealth and not pieces of gold and silver”(Mahatma Gandhi). Discuss this statement and relate to any FOUR lifestyle disease based on the following questions:

- i) Identify the most common lifestyle diseases in our country.(4mks)
- ii) Discuss the challenges faced by the patient, family, and society.(10mks)
- iii) Explain the government agenda on health as a pillar of national development.(6mks)

BREAKING THE SHACKLES OF ADDICTION.

Giving up drugs is not easy. It does not merely entail stopping taking them; it also involves abandoning a lifestyle to which you have become accustomed, turning your back on friends to whom you may feel deep loyalties, and most important, changing habits that have become second nature.

Giving up drugs in other words, is a process. You are actually involved in fighting a war

Discuss the different ways that one can use to stay off drugs.(10mks)

Analyze the destructive feelings that parents feel when they realize that their child is abusing drugs.(10mks)