

Striving for a Distinction* in Health and Social Care!

What could you do to get grades 7,8 and 9 at GCSE?

Watch	Read and retrieve	Listen
Exam Paper in 15 minutes Factors and life events Recommendation and Support Person Centred approaches Physiological Disorders	WHO – Determinants of health explained 👉 Make notes on how Income, education, environment and relationships all affect health Healthy Eating for Young People 👉 Make notes on how Diet affects growth, mood and concentration and how Healthy habits reduce disease risk NHS – Healthy Eating for Young People 👉 Create a mind map titled: 👉 <i>“How diet affects health and wellbeing”</i> Include: • Physical health • Emotional wellbeing • Intellectual development	

	○ matching games ○ quick tests ● Covers key words (e.g. blood pressure, BMI)	
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