21. What is the impact of stress on PIES?

5. How can poor hygiene affect someone’s feelings?

1. What does your body have to prevent bacteria entering your body?

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19. List some exercise types:

13. How can illness affect PIES?

22. Why is handwashing important in health and social care settings?

25. What are chronic illnesses? – explain and give an example

15. What are acute illnesses? – explain and give an example.

14. What are some alcohol guidelines?

11. What are some causes of stress?

12. What are some positives and negatives of:

Going for a jog?

Going to the gym?

24. What is the UK trying to do to prevent people from smoking?

3.What are the positive and negative definitions of health?

2. How can you look after your health holistically?

4. What is substance abuse?

10. How is bacteria passed from one person to another?

17. Why might diet not be a ‘choice’?

9. What are the hazards of smoking?

8. What can a lack of exercise lead to?

7. What are the effects of misusing drugs?

6. How can genetic inheritance affect health?

Level 2 Tech Award

Unit 3

Revision Mat 1

Lessons 1-4

23. What are some dietary guidelines?

18. What can individuals do to reduce susceptibility to potential genetic conditions?

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16. Which conditions are affected by genetic and environmental factors?

20. How can exercise prevent illness?