



Name:

Subject: Health and Social Care Unit 3 Tech Award

You have two minutes on your chosen topic. If you don't know the answer, say "pass"

- 1) What diseases could too much alcohol cause?
- 2) Give 3 different **expected** life events
- 3) Give 3 physical changes during later adulthood
- 4) What is a long term goal?
- 5) What is an average resting Heart rate?
- 6) Define “self-esteem”
- 7) Give 2 economic factors affecting a person’s growth and development
- 8) What does BMI stand for?
- 9) Give 3 informal types of support
- 10) What are short term physical effects of stress
- 11) Explain how marriage can affect one’s growth and development. 4 reasons.

- 1) Liver disease, breast cancer,
- 2) Marriage, retirement, having children, work, school, menopause, puberty
- 3) Skin loses elasticity, eyesight deteriorates, hearing deteriorates, taste deteriorates, get smaller
- 4) More than 6 months
- 5) 70 beats per minute
- 6) “How you value yourself”
- 7) work, income, unemployment, redundancy, job opportunities, education
- 8) Body Mass Index
- 9) friends, family, neighbours
- 10) Sweaty hands/faster heart beat/dry mouth
- 11) Emotional support, Social- companionship
Intellectual- work harder as want to support family; Physical- 2 incomes

- 1) **What is the safe limit for blood pressure?**
- 2) Give 2 instructions for taking blood pressure?
- 3) **Give 3 physical changes for a male adolescent**
- 4) Give 3 different **unexpected** life events
- 5) How many times should you take peak flow reading?
- 6) Give 2 physical factors affecting a person's growth and development.
- 7) **Give 3 formal types of support**
- 8) What could cause a low peak flow reading?
- 9) **Give 3 physical changes that occur during the menopause**
- 10) What are the issues with BMI?
- 11) **How does the government use lifestyle data**

- 1) **120/80**
- 2) No talking/sit still/
- 3) **voice breaks, shoulders broaden, penis and testicles grow, grow taller, acne, pubic hair**
- 4) redundancy, illness, accident, divorce, bankruptcy, loss of a home
- 5) **3 times.**
- 6) diet, exercise, genetics, pollution, illness
- 7) **GP, nurse, doctor, vicar, careers advisor, dietician, physiotherapist, counsellor**
- 8) Illness/allergies/asthma
- 9) **hot sweats, insomnia (can't sleep), periods stop, tired**
- 10) Muscles weigh more than fat., doesn't take into account any other lifestyle factors/health indicators.
- 11) **Plan care for NHS, advertising campaigns to stop smoking/alcohol, create new laws**

- 1) How long is a short term goal?
 - 1) Up to 6 months
- 2) What is the life stage called before later adulthood?
 - 2) adulthood
- 3) Give 3 physical changes for a male adolescent
 - 3) voice breaks, shoulders broaden, penis and testicles grow, grow taller, acne, pubic hair
- 4) Give 3 different **unexpected** life events
 - 4) redundancy, illness, accident, divorce, bankruptcy, loss of a home
- 5) What two things do you measure for BMI?
 - 5) Height/weight
- 6) Give 2 physical factors affecting a person's growth and development.
 - 6) diet, exercise, genetics, pollution, illness
- 7) Give 3 formal types of support
 - 7) GP, nurse, doctor, vicar, careers advisor, dietician, physiotherapist, counsellor
- 8) What is Peak flow?
 - 8) The power in your lungs
- 9) Give 3 physical changes that occur during the menopause
 - 9) hot sweats, insomnia (can't sleep), periods stop, tired
- 10) Give 3 obstacles to achieving your goals
 - 10) money, lack of support, lack of motivation
- 11) What diseases could smoking cause?
 - 11) Lung cancer/heart disease
- 12) Explain how where you live can affect your growth and development. 4 reasons
 - 12) physical- noise and can't sleep
 - intellectual- good/bad schools
 - emotional- embarrassed by where live/ depression
 - social- afraid to go out at night, no facilities locally