



# Topic Tests

for BTEC Tech Award L1/2 in Health & Social Care  
Component 3: Health and Well-being

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# Teacher's Introduction

This resource is for use with the BTEC Tech Awards Level 1/2 in Health and Social Care, and covers content for *Component 3: Health and Well-being* (first teaching September 2022).

## Remember!

Always check the exam board website for new information, including changes to the specification and sample assessment material.

Each topic test starts with quick, short-answer questions that ensure the core fundamental ideas of each topic are understood by the student. Questions then increase in difficulty and culminate with either longer, essay-style questions or detailed activities which are engaging and help consolidate learning, which give students the opportunity to practise applying their knowledge to case study scenarios. A range of question types, including exam-style questions, has been used to expose students to different question formats, and to give variety in the activities.

Mark allocations and answers are provided, which are useful for peer- and self-assessment as well as providing you, as the teacher, an opportunity to assess students' strengths and weaknesses in order to inform the teaching and learning process.

## Specification Reference Table

This table can be used to identify which specification points you are teaching and select the appropriate topic test to suit your needs.

Tests range from 31–46 marks in total and aim to take approximately 30–45 minutes to complete.

Topic test	Topic test title	Spec. points to include:	Total marks
1	Physical factors that affect health and well-being	A1	40
2	Lifestyle factors (nutrition and physical activity)	A1	36
3	Lifestyle factors (smoking, alcohol and substance misuse)	A1	32
4	Social and cultural factors that affect health and well-being	A1	36
5	Economic and environmental factors that affect health and well-being	A1	42
6	The impact of life events on health and well-being	A1	38
7	Physiological indicators of health	B1	31
8	Lifestyle indicators of health	B2	46
9	Person-centred approach and recommendations for improving health and well-being	C1–C2	46
10	Barriers and obstacles to following recommendations	C3	36

## 1. Physical Factors that Affect Health and Well-being

1. a) Draw lines to match the different aspects of a holistic view of 'health and well-being'.

Social
Physical
Intellectual
Emotional

Well-being related to the functioning of the body
Mental and psychological well-being
Whether someone is happy and content regarding their life
Well-being related to the quality of life of people and communities

- b) Define the term 'health'.

.....

.....

2. Complete the sentence:

A child must inherit a copy of a faulty gene from both parents to be at risk of conditions such as cystic fibrosis and sickle cell disease. This is known as a ..... inheritance pattern.

3. Which of the following is a possible **physical** impact of sickle cell anaemia? Tick the correct box.

- a) Reduced susceptibility to infections ☐
- b) Stress and anxiety ☐
- c) Episodes of severe pain ☐
- d) Reduced self-esteem ☐

4. Read each statement about inherited conditions. Circle 'true' or 'false' and provide your response.

- a) Sickle cell anaemia affects the shape of white blood cells.

True/false

Justification: .....

.....

- b) Cystic fibrosis affects the digestive and respiratory systems.

True/false

Justification: .....

.....

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5. Type 2 diabetes is a condition that individuals could have a genetic predispos

a) Define the term 'genetic predisposition'.

.....

.....

b) List **three** lifestyle factors that could make it more likely that someone with type 2 diabetes goes on to develop the condition.



.....

.....

.....

6. a) Describe the difference between 'acute' and 'chronic' ill health.


.....

.....

.....

.....

b) Classify the following conditions by writing whether 'acute' or 'chronic' in

Heart attack	Obesity	Cardiovascular disease
		

7. a) Identify **one** different cause of each of the following sensory impairment

i) Loss of sight

Cause: .....

ii) Loss of hearing

Cause: .....

b) Explain **one** negative effect of sensory impairments on a person's health

.....

.....

.....

.....



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8. Shweta has a physical disability and uses a wheelchair.

State **two** impacts that Shweta's disability could have on her health and well-being.

- .....
- .....

9. Stress and anxiety are mental health conditions that can negatively impact an individual's health and well-being.

- a) Define 'stress' and 'anxiety'.

Stress: .....

Anxiety: .....

- b) State **two** negative effects that stress could have on an individual's physical health.

- .....
- .....

- c) Explain **one** negative effect that anxiety could have on an individual's social health.

.....

.....

.....

- d) Other than stress and anxiety, identify **one** additional mental health condition.

.....

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10. Read the case study below.



David is a 45-year-old car salesperson. In his recent visit to doctor's he was diagnosed with cardiovascular disease. The suggests that this is likely to be linked to his obesity.

Explain how David's new ill health could impact on all aspects of his well-



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## 1. Physical Factors that Affect Health and Well-being

1. a) Match the different aspects of a holistic view of 'health and well-being' to the descriptions below.

Social
Physical
Intellectual
Emotional

- |      |   |
|------|---|
| i)   | Well-being related to physiology and the functioning of the body                  |
| ii)  | Mental and psychological well-being; how an individual feels                      |
| iii) | Whether someone's needs have been met and whether they have cognitive stimulation |
| iv)  | Well-being related to relationships with others and engagement in society         |

- b) Define the term 'health'.

2. Complete the sentence:

A child must inherit a copy of a faulty gene from both parents to be at risk of such as cystic fibrosis and sickle cell disease. This is known as a ..... inheritance.

3. Which of the following is a possible **physical** impact of sickle cell anaemia?

- Reduced susceptibility to infections
- Stress and anxiety
- Episodes of severe pain
- Reduced self-esteem

4. Read each statement about inherited conditions. State whether each is 'true' or 'false' and justify your response.

- Sickle cell anaemia affects the shape of white blood cells.
- Cystic fibrosis affects the digestive and respiratory systems.

5. Type 2 diabetes is a condition that individuals could have a genetic predisposition to.

- Define the term 'genetic predisposition'.
- List **three** lifestyle factors that could make it more likely that someone with a predisposition to type 2 diabetes goes on to develop the condition.

6. a) Describe the difference between 'acute' and 'chronic' ill health.

- b) Classify the following conditions as either 'acute' or 'chronic'.

- Heart attack
- Obesity
- Cardiovascular disease
- Chronic kidney disease

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7. a) Identify **one** different cause of each of the following sensory impairment
    - i) Loss of sight
    - ii) Loss of hearing
  - b) Explain **one** negative effect of sensory impairments on a person's health
8. Shweta has a physical disability and uses a wheelchair.



State **two** impacts that Shweta's disability could have on her health and well-being.

9. Stress and anxiety are mental health conditions that can negatively impact an individual's health.
  - a) Define 'stress' and 'anxiety'.
  - b) State **two** negative effects that stress could have on an individual's physical health.
  - c) Explain **one** negative effect that anxiety could have on an individual's social health.
  - d) Other than stress and anxiety, identify **one** additional mental health condition.



10. Read the case study below.



David is a 45-year-old car salesperson. In his recent visit to his doctor, he was diagnosed with cardiovascular disease. The doctor suggests that this is likely to be linked to his obesity.

Explain how David's physical ill health could impact on all aspects of his well-being.



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## **Preview of Questions Ends Here**

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## 2. Lifestyle Factors (Nutrition and Physical Activity)

- 1 a) iv) Lentils (whilst processed meat is a source of protein, the saturated fat is not a healthy source).
- b) **1 mark for each correctly matched nutrient and function:**
  - **Fibre:** ii) Promotes the health of the digestive system
  - **Protein:** v) Supports the growth and repair of body tissues
  - **Vitamin C:** vi) Supports the immune system and aids iron absorption
  - **Fat:** iv) A concentrated source of energy and provides insulation to the body
  - **Carbohydrates:** iii) An energy source, which also regulates blood sugar
  - **Calcium:** i) Supports bone health and strengthens teeth
- 2 a) **Any appropriate definition (accept suitable alternatives). For example:**  
Living in a way which involves little or no physical activity
- b) **1 mark per correctly identified physical health risk. For example:**
  - Being overweight/obese
  - Poor sleep
  - Increased blood cholesterol
  - Multiple cancers, e.g. colon, breast
  - Weakened immune system
  - Accept suitable alternatives
  - High blood pressure
  - Cardiovascular diseases
  - Type 2 diabetes
  - Reduced muscle tone
3. **1 mark for any appropriate definition (accept suitable alternatives). For example:**  
A condition which occurs as a result of inefficient intake of nutrients to support being and/or unbalanced diet.
- 1 mark for correctly identifying a physical health impact of malnutrition. For example:**
  - Weight loss or gain
  - Fatigue/weakness/anaemia
  - Decreased immune system function
  - Increased hypothermia risk
  - Increased risk of osteoporosis
  - Accept suitable alternatives
  - Reduction in muscle mass
  - Scurvy (vitamin C deficiency)
  - Fertility problems
  - Stunted growth
  - Organ failure (in severe cases)
4. **1 mark for correctly identifying each statement as true or false.**  
**1 mark awarded for each appropriate justification of their choice. For example:**
  - a) **True** – Eating lots of red and processed meats increases the risk of many diseases, including cancer, diabetes, coronary heart disease.
  - b) **False** – A diet could be unhealthy in other ways, e.g. by consuming high levels of fat.
  - c) **True** – Fruit juice contains high levels of sugar and sugar should be limited to avoid weight gain and over).
5. **Any four from the following:**
  - Expanding social networks – reduced social exclusion
  - Joining a gym/sports club – meeting new people
  - Improving self-esteem – more confident in meeting new people
  - Less likely to become unwell – easier to go out and socialise
  - Less fatigued – more energy to socialise
  - Accept suitable alternatives

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6. **Any four from the following:**

- Becoming overweight/obese – impact on self-esteem/self-image
- Fatigue due to insufficient nutrient intake – could lead to low mood
- Development of serious health problems – stress and worry
- Could cause tooth decay (excess sugar) – impact on confidence
- Increased risk of mental ill health, e.g. depression
- *Accept suitable alternatives*

7. **Any eight marks from the following. Refer to case study material:**

- **Physical impact (sub-max 2 marks)**
  - Attaining healthy weight (1) – reduced risk of conditions such as type 2 diabetes
  - Improved muscle tone/strength (1) – better mobility and fitness (1)
  - Improved sleep and energy levels (1) – less likely to feel fatigued (1)
- **Intellectual impact (sub-max 2 marks)**
  - Improved energy levels (1) – better performance at work (1)
  - Joining a sports team / starting a new sport (1) – learning new skills
  - Feeling more confident about himself (1) – might make him more likely to try new activities / hobbies / job opportunities (1)
- **Emotional impact (sub-max 2 marks)**
  - Attaining healthy weight (1) – improved self-esteem and confidence
  - Reduced stress levels (1) – lowered risk of mental health problems
- **Social impact (sub-max 2 marks)**
  - Starting to exercise with friends (1) – improved opportunities to socialise
  - Improved energy levels (1) – more likely to have energy to engage in social activities
  - Improved confidence due to exercise (1) – more likely to engage in social activities
- *Accept suitable alternatives.*



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## **Preview of Answers Ends Here**

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