



Securing a level 2 pass in Health & Social Care

C

LEVEL 2 PASS

EXAMPLE/DESCRIBE - Give a specific example (demonstrate full understanding of the topic).

YOU ARE ASSESSED ON YOUR ABILITY TO:

- Provide a full and balanced answer. It is important to identify key words in the criteria and use them in your response.
- Provide an answer which is well written and shows a full response to the task including a variety of examples

UNIT 5 - Promoting Health and wellbeing

Describe a health risk - an example of a health risk could be high blood pressure. Describe the effects of high blood pressure on an individual and how individuals can try and keep blood pressure down.

EG What is high blood pressure? Who is at risk (links to age, family history, lifestyle)? What are the health risks for people with high blood pressure? What advice will be given by health professionals to try and control high blood pressure? How can individuals improve things themselves (diet changes, exercise)?

UNIT 6 - The impact of Nutrition on Health and wellbeing.

Describe the specific dietary needs of two individuals at different life stages.

You are working as a dietician in a GP surgery and the practice nurse has asked you to work with a patient to inform them of their dietary needs. The Patient is called Sarah, a 38yr Muslim teacher suffering from Anaemia. She is pregnant with her third child. She has a full time job as a teacher.

EG - ENERGY LEVELS – She has a busy job, busy time at home looking after two children and is pregnant. She will need a balanced diet that includes carbohydrates such as pasta, rice and potatoes in order to ensure she has the energy to carry out her daily life. A female in early to middle adulthood should have 1,900 calories and during pregnancy should have an additional 200 calories.