



Health and Disease

1 Define the term 'health' and list 3 factors that contribute to good health

- A state of physical and mental well-being
- 1) Healthy well balanced diet
- 2) Frequent exercise
- 3) Access to medical care
- 4) Sufficient sleep

[4 marks]

2 Define the term 'disease'

- A condition that can cause ill-health

[1 mark]

3 What is meant by the term 'communicable disease'? Give two examples

- A disease that can be spread from person to person (or between people and other animals)
- Measles, influenza etc

[3 marks]

4 What types of organisms can cause communicable diseases?

- Bacteria, viruses, protists, fungi

[3 marks]

5 What is meant by the term 'non-communicable disease'? Give two examples

- A disease that cannot be spread between people
- Asthma, diabetes, cancer etc

[3 marks]

6 Sometimes, diseases can increase the risk of cancer. Give an example of a virus that can increase the risk of a cancer. How can we reduce this risk?

- Human papilloma virus increases the risk of cervical cancer
- We can vaccinate against HPV

[3 marks]

7 Sometimes, our immune system can overreact and cause disease. Give an example of this.

- Skin rashes, asthma etc

[1 mark]

8 Mental health is a big part of being healthy. Explain what mental health is and discuss how it can be affected by physical disease, using examples of mental health conditions that you know

- Mental health is a state of emotional and psychological well-being, so 'feeling' well.
- Physical disease can stop of from carrying out normal activities such as getting out of the house, going to work and meeting friends
- This affects how we feel and can contribute to mental conditions like stress or depression

[5 marks]

[Total 23 marks]