



Health and Social Care Year 11

Factors that affect our health

- There are many different factors that can affect our health, good and bad.
- Look at the next two slides then answers the questions.
There is a question sheet template to help you record your answers at the end of this powerpoint.



Factors that can affect our health

- Housing: Houses that are damp or falling down would not be good to live in. Why? What could bad housing conditions do to our health?
- Pollution: Why can pollution be bad to our health?
- How can having no money affect our health?

Influences that can affect our health

- Smoking: Why can smoking affect our health?
- Drugs and alcohol: How can these affect our health?
- Food: How can too much or no food affect our health?
- How can exercise affect our health?

Task

- Create a poster on all the factors that can affect your health and well-being
- You can use slide 3 as a guide of what to include.

FACTOR	Good affect	Bad affect
Housing:	Good home:	House falling down:
Pollution:	XXXXXXXXXXXXXXXXXXXXXXXXXXXX	
Money:	Have some money:	No money:
Smoking:	Not smoking:	Smoking:
Drug and Alcohol	No smoking and drugs:	Smoking and taking drugs:
Food:	Good diet:	Bad diet:
Exercise:	Good exercise:	No/ too much exercise:

I would like to see your work 😊

- Please take a picture or send me your work:
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