

Genetic inheritance



Genetic inheritance is a physical factor that can have positive and negative effects
Genes are inherited from both birth parents

Inherited characteristics

- height, eye colour, hair colour
- This can effect self image (how you see yourself) & self esteem, (how you feel about yourself)

Inherited conditions

Different versions of genes are called alleles. Some alleles can be faulty and pass on conditions

Dominant condition

(one parent passes faulty allele on)
i.e. Huntington's – involuntary movements and loss of intellectual ability

Recessive condition

(both parents pass faulty allele on)
i.e. Cystic fibrosis – sticky mucus on the lungs

Genetic predisposition

Some people are predisposed (more likely) to develop a condition due to genetic makeup
i.e. heart disease, cancer, diabetes.
Whether they end up developing the conditions depends on their lifestyle & environmental factors
(.e. Diet, exercise)



Ill Health



Ill health -a physical factor which can have a negative effect on health & wellbeing

Chronic

Comes on more slowly, lasts a long time
Usually treated, not cured
i.e. diabetes, arthritis, asthma, heart disease

Management:

Address the negative impacts on the person and try to control the symptoms (i.e. use of medication, counselling, schooling in hospital, support groups)

Effect on PIES –

- P – growth rates, restricted movements
- I – disrupted learning, difficulties in thinking./problem solving, memory problems
- E – negative self-concept, stress
- S – isolation, loss of independence, difficulties forming relationships

Acute

Starts quickly, lasts for a short period of time. Usually cured
i.e. bacterial/viral infection, flu, broken bones, pneumonia
Management - Usually with medication

Diet

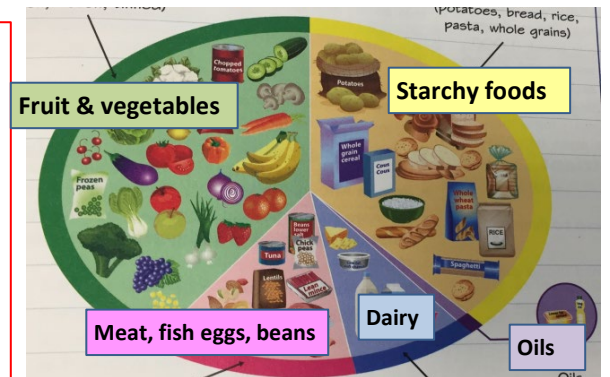
Diet - lifestyle choice. Diet = The balance of foods a person eats

Foods to avoid

Salt – raises blood pressure → heart disease

Saturated fat – raises blood cholesterol → heart disease
*found in animal fats such as meat, butter

Sugar – rots teeth, high in kcals (energy) -> tooth decay & weight gain



Section	Nutrient	Needed for
Starchy	Carbohydrates (& fibre if wholemeal)	Carbohydrates - Provides energy Fibre – Digestive system/prevents constipation
Fruit & vegetables	Vitamins Fibre	Vitamins - Keep the body healthy Fibre – Digestive system/prevents constipation
Meat, fish, eggs, beans	Protein	Growth and repair of cells and muscles
Dairy	Calcium	Strong bones and teeth
Oils	Unsaturated fats	Reduces cholesterol, Keeps the body warm, Protects organs

Other points:

- Water is important to stay hydrated
- Control calorie intake to manage weight.
- More energy in (food) than expended in exercise causes weight gain
- Less energy in (food) than expended in exercise causes weight loss

