

Question 18 (7 marks)

Explain a range of factors that can impact on health and wellbeing.

7

lot of things can impact on health and wellbeing e.g.
on a sunny day if you don't drink water you get
dehydrated and when you get too dehydrated you
can faint or might have to go to the hospital and put
glucose in your body. Also need to eat red meat
to have a healthy body. salad also keeps body healthy.
Drinking milk is important as it helps with the bone