

		R	A	G
1	Explain how lifestyle can affect major body systems.			
2	<p>Understand the risk factors and consequences of the following:</p> <p>Physiological effects</p> <p>Coronary heart disease; Diabetes; Nutrient deficiencies; Obesity; Alcohol/drug dependency; Lung disease</p> <p>Psychological effects</p> <p>Stress; Depression</p> <p>(Please note that this list is not exhaustive and different scenarios may be supplied in the prerelease article or exam questions)</p>			
3	<p>Assess how lifestyle impacts health.</p> <p>Lifestyle examples:</p> <p>Diet; Alcohol; Recreational drugs; Smoking; Exercise/physical activity; Housing; Type of employment;</p>			