



# BTEC Level 3 Health and Social Care

Bridging Work  
Year 11 into 12 for 2023/24



Name: \_\_\_\_\_

Tutor Group: \_\_\_\_\_

Teacher: \_\_\_\_\_

In health and social care there are many different units that you will study. The tasks you will complete in this booklet will help you begin each of the units at Bentley Wood High School.

**Unit 2: Working in health and social care**

**Task 1:** Choose a role in health and social care that you are interested in. This does not necessarily need to be the career you want to go into, just one that you would like to learn more about. Create an A3 or A4 information sheet about this profession. *Ensure your presentation is excellent.*

**Do not chose educational roles - they are not health or social care careers.**

Success Criteria:

Have I included..	Complete?
Role of this person	
Qualifications they need for their role	
Responsibilities this person has in their role	
Skills/qualities to be successful in this role	

**Practice exam questions:** In the exam for this unit you will be given a scenario and you then must answer questions linked to this scenario. For this task you need to conduct research to answer the questions.

**Task 2:** Read the scenario and complete the exam questions

1. Identify **two other** voluntary organisations that could support Kevin and Sue. (2 marks)

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2. ....  
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**Unit 7: Principles of safe practice in health and social care**

To keep people safe at work there are laws which have been introduced to keep service providers (employees) and service users (people being cared for) safe from harm. Your task is to research the role of *Health and Safety Executive* and find 5 different legislations (laws) which have been introduced.

Look for legislation on the following themes:

- General health and safety and risk assessment
- Harmful substances
- Accidents and first aid
- Moving heavy loads and moving people
- Preventing infections e.g. Covid-19

<https://www.hse.gov.uk/>

**Task 1:** Can you spot the hazards? Circle all the hazards you can find.

**Task 2:** You have just started working as the health and safety co-ordinator at this care home. Thinking about the laws you have found through your research, you need to create a training presentation (in the form of a PPT presentation) to the staff at the care home to help them to improve safety. You must explain what the laws are, and explain how these laws will increase their safety an that of the elderly residents in their care.

Success Criteria:

Have I included..	Complete?
5 health and safety legislations (law)	
Linked the legislation to how to keep safe in a care home e.g. “Manual handling law is important as it guides people to know how to lift residents in a safe way”	
Explained how each law keeps people safe in the workplace.	

### Unit 10: Sociological Perspectives

**Task:** Produce a report (approximately 1000 words) on the different health inequalities in your local area. Your report should include how health differs between different groups of people, who has the 'best' health and who has the 'worst' health? You can also compare health in your local area, compared to England as a whole. You must include statistics to demonstrate your points.

Choose a theme to focus on. Examples:

- Cardiovascular diseases
- Sickness and death from Covid-19
- Obesity
- Diabetes
- Alcohol related harm

You may want to look at the some or all of the following social groups: (Minimum of 3)

- Age
- Ethnicity
- Gender
- Class
- Disability

## Resources to help you

<https://www.harrow.gov.uk/downloads/file/24322/health>

<https://www.harrow.gov.uk/downloads/file/26906/public-health-england-cardiovascular-diseases-report>

<https://fingertips.phe.org.uk/profile/health-profiles/data>

<https://fingertips.phe.org.uk/static-reports/health-profiles/2019/E09000015.html?area-name=Harrow>

<https://www.england.nhs.uk/wp-content/uploads/2018/12/ehircp-l-harrow-ccg-dec18.pdf>

### Success Criteria:

Have I included...	Complete?
A report which reaches 1000 words	
A minimum of three social groups	
Statistics (numbers, graphs, tables)	
A conclusion about who has the 'best' or 'worst' health	
Correct spelling and punctuation throughout	

<b>FINAL CHECK</b>	
<b>Task</b>	<b>Complete?</b>
Unit 2 Task 1 - information sheet	
Unit 2 Task 2 - exam questions	
Unit 7 Task 1 - spot the hazard	
Unit 7 Task 2 - health and safety PowerPoint	
Unit 10 Task 1 - health inequalities report	

## Unit 4

## Read the following health article and complete the 3 activities

### New campaign launched to help parents improve children's diet

The government's New Better Health campaign, including a new NHS Food Scanner App, launches today to help parents improve their children's diet.

From: Department of Health and Social Care

Published 10 January 2022

New Better Health campaign launches today to help families eat better, with a new NHS Food Scanner App feature offering healthier alternatives. Former 'Girls Aloud' member Nadine Coyle, dietician Dr Linia Patel and a Netmums family test the app in a new film supporting the campaign. 60% of parents say they are giving their children more sugary or fatty snacks than before the pandemic.

Families will be given support to help to improve the diets of their children through a new campaign as the new statistics reveal the number of parents giving unhealthy snacks to their children has increased during the pandemic.

The multimedia Better Health campaign has been launched today (Monday 10 January) to encourage families to eat better and includes a new 'scan, swipe and swap' feature for the NHS Food Scanner App, which provides a simple solution to help families maintain a healthier diet.

The campaign follows a record rise in obesity among children since the start of the pandemic, with latest data highlighting that one in 4 (27.7%) children of reception school age are overweight or obese <https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2020-21-school-year/age>; this rises to 4 in 10 (40.9%) in Year 6 (ages 10 to 11). Evidence shows that families purchased food more during lockdowns and this remained above normal levels even once



lockdowns ended <https://www.econstor.eu/bitstream/10419/242917/1/WP202118.pdf>.

A new survey conducted with Netmums <https://advertisements.netmums.com/documents/netmums-new-better-health.pdf> showed that nearly 6 in 10 (58%) parents give their children more sugary or fatty snacks than before the pandemic and nearly two-thirds (64%) of parents said they often worry about how healthy their children's snacks really are. Nearly 90% of parents said they would benefit from an app that would help them make healthier choices for their children.

Families can scan the product barcodes from their shop and the app will suggest healthier alternatives to help them make an easy swap next time they shop. The app uses a 'Good Choice' badge to help signpost people to healthier food and drinks in line with the government's dietary recommendations for added sugar, saturated fat and salt.

Public Health Minister, Maggie Throup, said:

'We know that families have felt a lot of pressure throughout the pandemic which has drastically changed habits and routines'.

The new year is a good time for making resolutions, not just for ourselves, but for our families. Finding ways to improve their health is one of the best resolutions any of us could make.

'By downloading the free NHS Food Scanner App, families can swap out foods from the weekly shop for healthier alternatives and avoid items high in salt, sugar and saturated fat'.

Dr Alison Tedstone, Chief Nutritionist at the Department of Health and Social Care, said:

'We are all aware of the increased pressures families have been under throughout the pandemic with children being stuck at home more. With advertising promoting unhealthy foods to kids, it's not surprising that parents say they've often found it hard to resist pestering from their children for more unhealthy snacks, and that is why the NHS Food Scanner App is a great tool to help families make quick and easy, healthier swaps.'

‘It’s so important that children reduce the amount of sugary, fatty and salty foods they eat to help them stay healthy and reduce the risk of health problems such as diabetes and tooth decay’.

Girls Aloud’ member Nadine Coyle and dietician Dr Linia Patel met with a family to talk about eating habits and to trial the NHS Food Scanner App for themselves, and recorded a short film to support the campaign.

Nadine Coyle said:

‘As a busy working mum, I find it hard to say no to my kid’s demands and often give in to ‘snack’ pressure – even though I know it’s not that good for them. I had no idea some foods were so high in sugar, saturated fat and salt – so it’s great that the app gives you alternatives.

‘I love using the NHS Food Scanner App and so does my daughter; she likes choosing the healthier swaps which is great – we are already making small changes through good food choices’.

Dr Linia Patel, dietician, said:

‘We know that parents find it really hard to find healthier snacks for their kids, especially if they’re fussy eaters.

‘The NHS Food Scanner App is a fun way to get the kids involved in choosing healthier foods that they’ll love – so get going and scan, swipe, swap!’

Annie O’Leary, Netmums editorial director, said:

‘That two-thirds of parents find they’re giving kids more treats as snacks than pre-pandemic doesn’t surprise me in the slightest – we all comfort ate our way through the pandemic and I know my kids ate far more treats than usual.

‘But thank heavens there’s now something to help get us all back on track. And that it’s from the gold standard in terms of trustworthiness, the NHS, hopefully means millions of families will be downloading it and using it ASAP.

‘Shopping for snacks can be an absolute minefield for busy parents, so thank you for

coming to the rescue yet again, NHS’.

As part of the government’s obesity strategy, the department is regulating the promotion of less healthy foods to children and has dedicated £100 million of funding to support children, adults and families achieve and maintain a healthier weight.

The NHS Food Scanner App provides parents with the ideal hack to improve their children’s health in 2022. The free app can be downloaded <https://www.nhs.uk/healthierfamilies/food-facts/nhs-food-scanner-app/>, or search ‘Food Scanner App’.

Running throughout England from 10 January to 31 March, the campaign will include new advertising on TV, video on demand, radio, out of home, media partnerships, social media and other digital channels, together with national and regional PR activity.

The new TV ad brings the swaps to life by presenting the NHS Food Scanner App as the simple solution to help parents find healthier swaps for their families.

Primary teachers will also be able to help pupils learn about making healthier food choices using a range of fun curriculum linked teaching resources <https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview> that feature the

NHS Food Scanner App.

The ‘Good Choice’ badge helps signpost consumers to healthier food and drinks that meet nutrient criteria in line with the government’s dietary recommendations for added sugar, saturated fat and salt.

Hyperlinks are used in the article, to access these links:

[Better Health Survey – Results December 2021 for publication 10.01.22\[4\].pdf](#)

[Better Health Campaign – Simplify your life](#)

[Government obesity strategy](#)

[Healthy eating | Overview | PHE School Zone](#)

[National Child Measurement programme England 2020 to 2021](#)

[NHS Food Scanner app – Healthier Families – NHS \(www.nhs.uk\)](#)

[Part 1: Age, time series and sex – NHS Digital](#)

Tackling obesity: government strategy – GOV.UK ([www.gov.uk](http://www.gov.uk))

The dietary impact of the COVID-19 pandemic report

### **Activity 1**

After reading the research, what effects does children's diet have on individuals, practitioners (health and social care workers) and wider society.

In your answer

- use examples from the research.
- conduct your own research on the effects children's diet have on individuals, practitioners (health and social care workers) and wider society.

### **Activity 2**

How can improving children's diet affect the provision of health and social care services?

In your answer

- make recommendations for change in future provision and/or practice
- conduct your own research on the impact of poor children's diet and the affect the provision of health and social care services.

### **Activity 3**

Conduct some of your own research around the impact of children's diet on their physical, intellectual, emotional and social health and wellbeing.

- Use the references and hyperlinks to help you complete this.