



QUESTION WORKBOOK

Cholesterol, atheroma and what a risk factor means

Nutrition, digestion and health evidence · Unit B10

AQA 3.3.4.2 (risk factors and cardiovascular disease)

OCR A 3.1.2 (transport in animals, as context) · Edexcel A Topic 1.11–1.15

CAIE not examined as a topic

5 questions · 20 marks

NAVY SCREEN EDITION

© 2026 InkBiology. All rights reserved.

inkphysics.co.uk/biology/ · youtube.com/@InkPhysics

SECTION B · Standard, 3 to 5 marks

B1 Describe the formation of an atheroma, in order, from the first damage to the artery wall through to a fibrous plaque. [5]

B2 Explain how the rupture of an atheroma in a coronary artery leads to the death of cardiac muscle. [4]

B3 Compare LDL particles with HDL particles, referring to their composition, what each carries and where each takes it. [4]

B4 Explain why the evidence that a high LDL concentration causes atherosclerosis is regarded as much stronger than the evidence that a high HDL concentration protects against it. [4]

B5 State what kind of lipid cholesterol is, and state what the body needs it for. [3]
