Centre Number			Candidate Number		
Surname					
Other Names					
Candidate Signature					



General Certificate of Secondary Education January 2012

Health and Social Care

48203

Unit 3 The Nature of Health and Well-Being

Friday 27 January 2012 9.00 am to 10.15 am

You will need no other materials.	
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Time allowed

• 1 hour 15 minutes

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 70.

For Examiner's Use				
Examine	r's Initials			
Question	Mark			
1				
2				
3				
4				
5				
6				
7				
8				
TOTAL				



	Answer all questions in the spaces provided.	
1 1 (a)	Margaret says she is healthy because she does not have an illness. What is Margaret's definition of health and well-being?	
1 (b)	(1 mark) Describe one different definition of health and well-being.	
	(3 marks)	
2	 Breast milk provides a balanced diet for babies. It contains different types of macronutrient. 	
2 (a)	Name two macronutrients in breast milk.	
	Give one different reason why each macronutrient is important for babies.	
	Macronutrient 1	
	is important because	
	Macronutrient 2	
	is important because	
	(4 marks)	



2 (b)	Name two types of micronutrient needed in a balanced diet.
	1
	2
	(2 marks)
2 (c)	Explain how dietary needs will change as a baby grows into a child.
	(4 marks)

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Turn over for the next question

Turn over ▶



Explain how George's health and well-being are likely to benefit from his happy
marriage and his well-paid job.



4	A full risk assessment was carried out at a residential home for the elderly.
4 (a)	Explain the purpose of the risk assessment.
	(2 marks)
4 (b)	Suggest three different aspects of the residential home which the full risk assessment should cover.
	1
	2
	3
	(3 marks)

5

Turn over ▶



5	Diane has a test for diabetes at her local health centre.
	Describe how the test will be carried out and what the results will show.
	(6 marks)



6	Phil is a 32-year-old adult male who has been diagnosed with Huntington's disease.
6 (a)	Outline the cause of Huntington's disease.
	(3 marks)
6 (b)	Describe the likely effects of Huntington's disease on Phil.
	(6 marks)

Turn over ▶

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Describe in physical exc	detail the posercise.	ssible effects	s on Joanne	e if she conti	inues to take	very l
		•••••				



7 (b)	Explain the possible short-term risks to Joanne's health and well-being if she continues to drink large amounts of alcohol on Friday and Saturday nights.
	(3 marks)
	Question 7 continues on the next page

Turn over ▶



t	plain the possible long-term risks to Joanne's health and well-being if she drink large amounts of alcohol on Friday and Saturday nights.					
	(9					



8	 Michael is 75 years old. When he was 55 years old he was made redundant. Michael wanted another job but could not find one. He lives alone, has no family and his flat is small and damp. In the summer months Michael likes to play bowls once a week with some friends. He manages to live on his pension but finds it difficult. He sometimes forgets to wash himself and his clothes.
	Evaluate how the different factors in Michael's life may affect his health and well-being.



(12 marks)

END OF QUESTIONS

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