Centre Number			Candidate Number		
Surname					
Other Names					
Candidate Signature					

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General Certificate of Secondary Education June 2013

Health and Social Care

48203

Unit 3 The Nature of Health and Well-Being

Tuesday 25 June 2013 9.00 am to 10.15 am

You will need no other materials.

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 that you do not want to be marked.

Information

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

Α

	Answer all questions in the spaces provided.	
1 1 (a)	Nabil says health and well-being is achieving physical fitness and mental sta What definition of health and well-being is this?	ibility.
1 (b)	Name one other definition of health and well-being.	(1 mark)
1 (c)	How is the definition you named in 1(b) different from Nabil's definition?	(1 mark)
		(3 marks)
2	 Chloe is a 13-year-old female. Her diet contains enough protein, but is low in carbohydrates and fats. 	
2 (a)	Briefly explain why Chloe's diet should contain enough protein.	
		(3 marks)



	Explain the likely effects on Chloe's health and well-being if she continues to eat a diet which is low in carbohydrates and fats.
	(5 marks)
2 (c)	Explain how Chloe's balanced diet requirements will change over the next 10 years.





3	A full risk assessment is going to be carried out at a children's playgroup.
3 (a)	Briefly explain the purpose of carrying out a risk assessment at the children's playgroup.
	(2 marks)
3 (b)	Suggest two different things which would be covered by the full risk assessment at the children's playgroup.
	1
	2
	(2 marks)



 She has strong supportive relationships with other health workers in her medica centre.
Explain how having a stimulating job and strong supportive relationships will contrib positively to Leyla's health and well-being.
(8 ma

Turn over ▶

8

5	Rhys gave a blood sample which was tested for sugar content.	
5 (a)	Describe how the blood sample would have been taken.	
	(4 marks)	
5 (b)	The results showed that Rhys had an abnormally high blood sugar level.	
()	Name the medical condition indicated by Rhys's high blood sugar level.	
	(1 mark)	[
6	Whitney is a 16-year-old female who has Down's syndrome.	
6 (a)	Briefly explain the cause of Down's syndrome.	
	(3 marks)	



6 (b)	Outline five different physical effects Down's syndrome will have on Whitney.
	1
	2
	3
	4
	5
	(5 marks)
6 (c)	Other than physical effects, outline one different type of effect Down's syndrome may have on Whitney.
	(2 marks)

Turn over for the next question





7	 Liam is 20 years old. He has been smoking for 5 years. He now smokes 10 low tar cigarettes every day. Liam does not take regular physical exercise.
7 (a)	Describe in detail the likely effects of smoking on Liam's health and well-being.
	///
	(9 marks)



7 (b)	Explain the possible effects on Liam if he continues to take very little physical exercise.
	(6 marks)

Turn over for the next question





8	 Donna is 58 years old and has just been made redundant. She has not been able to get another job and is finding it very difficult financially. Donna is feeling very stressed. She lives alone in a noisy part of town, but she does have lots of friends. Donna enjoys shopping trips with her friends at weekends.
	Evaluate how the different factors in Donna's life may affect her health and well-being.



(9 marks)
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a

END OF QUESTIONS





