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Centre number		Candidate number	
Surname			
Forename(s)			
Candidate signature			

GCSE HEALTH AND SOCIAL CARE

Unit 3 The Nature of Health and Well-Being

Wednesday 22 June 2016 Afternoon Time allowed: 1 hour 15 minutes

Materials

You will need no other materials.

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.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in Question 9.



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2	(a)	Give two macronutrients needed in a balanced diet. Briefly explain why each macronutrient is needed.	[4 marks]
		Macronutrient 1	
		Needed for	
		Macronutrient 2	
		Needed for	
2	(b)	Give two micronutrients needed in a balanced diet.	[2 marks]
		1	
		2	

Turn over for the next question



3		Leo is an adult male who earns a high income. He enjoys playing chess in his leisure time.
3	(a)	Explain how earning a high income is likely to benefit Leo's health and well-being. [4 marks]
3	(b)	Explain how playing chess in his leisure time is likely to benefit Leo's health and well-being.
		[4 marks]



	Kira is 30 years old. She wants to measure her blood pressure using a configuration pressure monitor.	ligital blood
(a)	Describe in detail how Kira will use the digital blood pressure monitor.	[7 marks



4	(b)	Kira's blood pressure readings are high.	
		Briefly explain why it is important for Kira to see her GP about her high pressure readings.	blood
			[3 marks]
5		Down's syndrome is an inherited condition.	
5	(a)	Outline the cause of Down's syndrome.	[2 marks]



5	(b)	Give five different physical effects of Down's syndrome on a person who inlicondition.	nerits the
			[5 marks]
		1	
		2	
		3	_
		4	
		5	
5	(c)	Name one other inherited condition.	
			[1 mark]
•			
6		Amida is an adult male who smokes twenty or more cigarettes each day.	
6	(a)	Give three different physical signs that Amida is likely to show because of heigarette smoking.	is
		organistic emoting.	[3 marks]
		1	
		2	
		3	

Question 6 continues on the next page



8

6	(b)	Describe in detail the likely long-term effects of Amida's cigarette smoking physical health and well-being.	ng on his	
		physical fleath and well-being.	[6 marks]	
6	(c)	Other than tobacco smoking, name two different common substance mis		
			[2 marks]	
		1		
		2		



applied for lots of jobs without succ					
	Describe the likely effects of being unemployed for a long time on Dennis's heal				
well-being.					
					



10

8	(a)	Explain what is meant by social isolation. [3 marks]
8	(b)	Give two likely effects of social isolation on a person's health and well-being. [2 marks]
		1
		2



•	The traffic noise from the motorway is a problem for Dalia. She is also concerned about poor air quality due to traffic fumes.
E	Evaluate how the different factors in Dalia's life may affect her health and well-being.
C	Quality of Written Communication will be assessed in your answer. [9 marks
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END OF QUESTIONS

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