

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

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



General Certificate of Secondary Education
January 2013

Health and Social Care

48203

Unit 3 The Nature of Health and Well-Being

Tuesday 29 January 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 you do not want to be marked.

Information

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



J A N 1 3 4 8 2 0 3 0 1

M/Jan13/48203

48203

Answer **all** questions in the spaces provided.

- 1**
- Lucy is a 25-year-old female who eats a balanced diet.
 - She regularly exercises in a busy gym.
 - Lucy thinks that the holistic definition of health and well-being is best.

1 (a) Briefly explain what is meant by an holistic definition of health and well-being.

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(2 marks)

1 (b) Describe **one** other named definition of health and well-being.

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(3 marks)

1 (c) Name **two** macronutrients that would be in Lucy's balanced diet.
Give **one** different reason why each macronutrient is important for Lucy.

Macronutrient 1

Is important because

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.....



2 Three students are talking about vaccinations.

Alice: "Vaccinations are only needed when you are a baby".

Greg: "The doctor gives you a big injection which protects you from all types of diseases".

Paige: "You have to have different vaccinations for different diseases".

2 (a) Which student is right?

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(1 mark)

2 (b) Briefly explain how vaccinations protect individuals.

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(5 marks)

6



3 Zena studied hard at school and she has gained very good qualifications.

Explain how studying hard at school and gaining very good qualifications will affect Zena's health and well-being.

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(5 marks)

5

4 Diane monitors her blood pressure regularly because both her parents had blood pressure problems.

4 (a) Describe **one** way Diane may monitor her blood pressure.
Include in your answer the equipment that she would use and how the procedure would be carried out.

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(5 marks)

Turn over ▶



4 (b) Briefly explain what the blood pressure readings may indicate about Diane’s health.

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(3 marks)

8

5 (a) Outline the cause of Huntington’s disease.

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(3 marks)

5 (b) Give **three** different symptoms of Huntington’s disease.

1.....

2.....

3.....

(3 marks)

6



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