

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	
8	
TOTAL	



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.



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

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

1 Nabil says health and well-being is achieving physical fitness and mental stability.

1 (a) What definition of health and well-being is this?

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(1 mark)

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

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(1 mark)

1 (c) How is the definition you named in 1(b) different from Nabil's definition?

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(3 marks)

5

- 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.

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(3 marks)



2 (b) 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.

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(5 marks)

2 (c) Explain how Chloe’s balanced diet requirements will change over the next 10 years.

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(6 marks)

14

Turn over ▶



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.

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(2 marks)

3 (b) Suggest **two** different things which would be covered by the full risk assessment at the children’s playgroup.

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(2 marks)

4



5 Rhys gave a blood sample which was tested for sugar content.

5 (a) Describe how the blood sample would have been taken.

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(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.

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(1 mark)

5

6 Whitney is a 16-year-old female who has Down's syndrome.

6 (a) Briefly explain the cause of Down's syndrome.

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(3 marks)



6 (b) Outline **five** different physical effects Down’s syndrome will have on Whitney.

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- 2.....
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(5 marks)

6 (c) Other than physical effects, outline **one** different type of effect Down’s syndrome may have on Whitney.

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(2 marks)

10

Turn over for the next question

Turn over ▶



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

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(6 marks)

15

Turn over for the next question

Turn over ▶



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(9 marks)

9

END OF QUESTIONS



There are no questions printed on this page

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