

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
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.

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 2 4 8 2 0 3 0 1

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

1 Margaret says she is healthy because she does not have an illness.

1 (a) What is Margaret's definition of health and well-being?

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(1 mark)

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

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(3 marks)

4

- 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

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.....

(4 marks)



2 (b) Name **two** types of micronutrient needed in a balanced diet.

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(2 marks)

2 (c) Explain how dietary needs will change as a baby grows into a child.

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(4 marks)

10

Turn over for the next question

Turn over ▶



4 A full risk assessment was carried out at a residential home for the elderly.

4 (a) Explain the purpose of the risk assessment.

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(2 marks)

4 (b) Suggest **three** different aspects of the residential home which the full risk assessment should cover.

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(3 marks)

5

Turn over ▶



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.

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(3 marks)

6 (b) Describe the likely effects of Huntington's disease on Phil.

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(6 marks)

Turn over ▶



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.

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(3 marks)

Question 7 continues on the next page

Turn over ▶



