

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 2011

# Health and Social Care

# 48203

## Unit 3 The Nature of Health and Well-Being

Tuesday 21 June 2011 1.30 pm to 2.45 pm

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 U N 1 1 4 8 2 0 3 0 1

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

**1** Tracy says she is healthy because she exercises regularly to keep herself fit.

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

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(1 mark)

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

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(3 marks)

**2** Darren is an active eleven-year-old. He tries to eat a balanced diet including carbohydrates, fats and proteins.

**2 (a)** Give **one** different reason why each food component is important for Darren.

Carbohydrates are important because .....

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Fats are important because .....

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Proteins are important because .....

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.....  
(3 marks)

<b>4</b>



**2 (b)** Suggest **three** food components other than carbohydrates, fats and proteins that Darren needs in his balanced diet.

1 .....

2 .....

3 .....

(3 marks)

**2 (c)** Explain how and why Darren's balanced diet is likely to change over the next ten years.

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(4 marks)

<b>10</b>

**Turn over for the next question**

**Turn over ▶**



- 3 • Padma has a well-paid and stimulating job as a hospital consultant.
- She treats many patients and works with a large team of other doctors and nurses.

Explain how Padma’s job will contribute positively to her own health and well-being.

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(7 marks)

7

4 Lou monitors his peak flow using a peak flow meter.

4 (a) Describe how this is done.

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(4 marks)



4 (b) Explain what the results may indicate about Lou's physical health.

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(2 marks)

6

5 Rachel is a twenty-year-old female with Down's syndrome.

5 (a) Outline the cause of Down's syndrome.

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(2 marks)

5 (b) Describe the effects Down's syndrome will have on Rachel.

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(5 marks)

Turn over ▶

7





**6 (b)** Explain the possible effects on Olivia's health and well-being of:

**6 (b) (i)** occasionally using recreational drugs

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(5 marks)

**6 (b) (ii)** suffering from too much stress.

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(4 marks)

<b>18</b>

Turn over ▶



**7** Explain the likely negative influences on health and well-being of:

**7 (a)** unprotected sex with many different partners

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(4 marks)

**7 (b)** lack of regular exercise.

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(5 marks)

9







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