

Write your name here

Surname					Other names				
Centre Number					Learner Registration Number				
<b>Pearson BTEC</b> <b>Level 1/Level 2</b> <b>First Certificate</b>									

# Health and Social Care

## Unit 9: Healthy Living

Tuesday 12 January 2016 – Morning <b>Time: 1 hour</b>	Paper Reference <b>20952E</b>
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<b>You do not need any other materials.</b>	Total Marks
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### Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided  
– *there may be more space than you need.*

### Information

- The total mark for this paper is 50.
- The marks for **each** question are shown in brackets  
– *use this as a guide as to how much time to spend on each question.*

### Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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**PEARSON**

Answer ALL questions.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

1 (a) There are various factors that can affect a person's health and wellbeing.

(i) Identify **one** positive effect of a balanced diet on a person's physical health.

(1)

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(ii) Which **two** of the following foods could form part of a low fat diet?

(2)

- A Raw carrots
- B Buttered toast
- C Jacket potatoes
- D Cream cakes
- E Fried potatoes

(b) Recreational drug use can have an effect on a person's physical health.

(i) Identify **one** negative effect of recreational drug use on a person's physical health.

(1)

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(ii) Explain **one** negative effect of recreational drug use on a person's social wellbeing.

(2)

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(c) A person's work environment can have an important influence on health and wellbeing.

Identify **two** possible benefits of a positive work environment for health and wellbeing.

(2)

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(d) Personal hygiene is an important part of a healthy lifestyle.

(i) Identify **two** effects of poor personal hygiene.

(2)

- A** Increased risk of infection
- B** Improved appearance
- C** Increased self-esteem
- D** Improved employment prospects
- E** Increased body odour

(ii) Describe **two** ways an individual can maintain good personal hygiene.

(4)

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(e) A person's home environment can have an effect on their health and wellbeing.

Explain **two** ways in which a person's home environment could affect their physical health.

(4)

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(Total for Question 1 = 18 marks)

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Mary is 55 years old and lives with her partner, Rick. They have two children, Sammi and Bella.

2 (a) (i) Rick's Body Mass Index (BMI) is 29. Identify his BMI rating from the table below.

(1)

Rating	BMI
Underweight	<18.5
Desirable	18.6–24.9
Overweight	25–29.9
Obese	30+

- A Underweight
- B Desirable
- C Overweight
- D Obese

(ii) Describe **one** way Rick could reduce his BMI result.

(2)

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Sammi is a 20 year old student living away at university.

(b) Sammi has struggled with the move to university and drinks above the recommended amount of alcohol regularly. Her studies are starting to suffer.

(i) Identify **one** source of formal support and **one** source of informal support Sammi could use for advice on her alcohol problem.

(2)

Formal support

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Informal support

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(ii) Explain **one** possible short-term effect of excessive alcohol consumption on Sammi's health and wellbeing.

(2)

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(iii) Explain **one** possible long-term effect of excessive alcohol consumption on Sammi's health and wellbeing.

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(c) Chlamydia is a sexually transmitted infection that people aged 18 to 30 are particularly at risk of contracting.

(i) Identify **one** safe sexual practice that could reduce the risk of contracting chlamydia.

(1)

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(ii) Describe **one** possible effect of unsafe sexual practices on an individual's emotional health and wellbeing.

(2)

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(iii) Describe **one** possible effect of unsafe sexual practices on an individual's social health and wellbeing.

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(d) Regular sleep patterns are important to a healthy lifestyle.

Explain **two** ways in which regular sleep patterns have a positive effect on health and wellbeing.

(4)

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Bella is 15 years old.

(e) The media has a lot of influence on how adolescents see themselves.

(i) Describe **one** way the media may affect Bella's self-esteem.

(2)

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(ii) Explain **two** other influences, apart from the media, which may affect Bella's self-esteem.

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**(Total for Question 2 = 32 marks)**

**TOTAL FOR PAPER = 50 MARKS**



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