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

# Health and Social Care

## Unit 9: Healthy Living

Tuesday 23 May 2017 – Afternoon <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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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 ☒.

A balanced diet is required to help maintain health and wellbeing.

1 (a) (i) Identify the food that contains the most protein.

(1)

- A Apples
- B Rice
- C Eggs
- D Carrots

(ii) Other than protein, state **two** food groups required for a balanced diet.

(2)

1 .....

2 .....

BMI may affect a person's health and wellbeing.

(b) (i) What does BMI stand for?

(1)

(ii) Identify the **two** measurements that are required to calculate a person's BMI.

(2)

- A Waist (cm)
- B Height (m)
- C Inside leg (cm)
- D Weight (kg)
- E Chest (cm)

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Julie has a BMI of 32 and is classed as obese.

(c) (i) Identify **two** possible effects of obesity on Julie's physical health.

(2)

- 1 .....
- 2 .....

Julie smoked 20 cigarettes a day for 15 years, however she has recently given up.

(ii) Describe **one** emotional and **one** social benefit of giving up smoking for Julie's health and wellbeing.

(4)

Emotional

- .....
- .....
- .....
- .....

Social

- .....
- .....
- .....
- .....

Julie has just been employed as a carer in a care home for the elderly. Due to her working shifts, she will have an irregular sleeping pattern.

(iii) Identify **two** possible effects of irregular sleeping patterns on Julie's physical health and wellbeing.

(2)

- 1 .....
- 2 .....



Jodie and Adam have recently got married; they have decided they don't want to start a family yet.

- (d) (i) State **two** forms of contraception that Jodie and Adam could use to help prevent pregnancy, other than male/female condoms.

(2)

1 .....

2 .....

- (ii) Explain **one** way that using contraception could lead to Jodie and Adam maintaining a close emotional relationship.

(2)

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- (iii) Explain **two** ways that media and television may influence Adam and Jodie's decision to delay parenthood.

(4)

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Adam's brother, Edward, is 19 years old and at university. He has recently moved into a shared house near the university with friends who are studying the same course. They all go out together every evening drinking alcohol and sharing a takeaway when they get home.

- (e) (i) Explain **two** positive effects that Edward's lifestyle can have on his intellectual health and wellbeing.

(4)

1

2

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(ii) Explain **two** negative effects that Edward's lifestyle can have on his emotional health and wellbeing.

(4)

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(Total for Question 1 = 30 marks)

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Jamie is 16 years old. He is unemployed, homeless and not in education. He regularly uses recreational drugs.

2 (a) (i) Identify **one** source of formal and **one** source of informal support available to Jamie that could help him stop using recreational drugs. (2)

Formal

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Informal

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(ii) Describe **two** potential barriers for Jamie in seeking support to stop or reduce using recreational drugs. (4)

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Heng is 26 years old. He is overweight and has recently joined a weight loss club to help him improve his diet and therefore lose weight.

(b) (i) Identify **two** forms of support that Heng can expect from joining the club. (2)

1 .....

2 .....

(ii) Identify **one** other lifestyle choice that could contribute to Heng being overweight. (1)

.....

(iii) Identify what alternative intervention or support strategy could help Heng lose weight. (1)

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(iv) Explain **one** barrier for Heng in reaching his weight loss goal. (2)

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Veronica is 43 years old. Since her brother's death, six years ago, she has been drinking heavily. She has recently been diagnosed with liver disease and is determined to reduce her alcohol intake and then to stop drinking completely.

- (c) Discuss the strategies that could help Veronica and the barriers that may prevent her stopping drinking.

(8)

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Handwriting practice area with 20 horizontal dotted lines.

**(Total for Question 2 = 20 marks)**

**TOTAL FOR PAPER = 50 MARKS**



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