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| Pearson BTEC<br>Level 1/Level2<br>First Certificate |  |  |  |  |                             |  |  |  |  |

# Health and Social Care

## Unit 9: Healthy Living

|   |                                  |
|---|----------------------------------|
| Thursday 11 January 2018 – Morning<br><b>Time: 1 hour</b> | Paper Reference<br><b>20952E</b> |
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| <b>You do not need any other materials.</b> | Total Marks |
|---|-------------|

### 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 and promote health and wellbeing

- 1 (a) (i) Identify **two** effects of a balanced diet on a person's physical health and wellbeing.

(2)

1 .....

2 .....

- (ii) Identify the food with the most fibre.

(1)

- A Cucumber
- B Chicken
- C Beans
- D Pasta

- (iii) Fibre is a food group. State **one** other food group.

(1)

- (iv) Identify **two** effects on physical health if a person's diet does not have enough fibre.

(2)

1 .....

2 .....

Good personal hygiene is important to maintain health and wellbeing.

- (b) (i) Identify **one** example of good personal hygiene.

(1)

- A Wearing perfume
- B Cleaning the house
- C Showering regularly
- D Losing weight

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(ii) Identify **one** effect of poor personal hygiene on a person's physical health and wellbeing. (1)

(iii) Identify **one** social and **one** emotional effect of poor personal hygiene on an individual. (2)

Social

Emotional

Simon enjoys going out to nightclubs. He often uses recreational drugs when he is clubbing.

(c) State **one** way using recreational drugs could cause accidental death. (1)

Taking recreational drugs can cause people to have unsafe sex.

(d) Identify **two** ways of reducing the risk of contracting a sexually transmitted infection. (2)

1 .....

2 .....

Jamal is 47 years old and regularly drinks alcohol.

(e) (i) State the maximum recommended weekly consumption of units of alcohol for adults in the UK. (1)

Jamal's wife, Susan, is concerned about his level and frequency of drinking alcohol.

(ii) Identify how Susan could help Jamal stop drinking alcohol. (1)



Jamal and Susan live with their two teenage children, Evie and Ben. They share a small house with another family.

(iii) Describe **two** possible effects of the home environment on Evie and Ben's health and wellbeing.

(4)

1

2

Jamal and Susan are both unemployed and claim benefits.

(iv) Explain **two** effects of low family income on Evie and Ben's **physical** health and wellbeing.

(4)

1

2

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(v) Explain **two** effects of low family income on Evie and Ben's **social** health and wellbeing.

(4)

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**(Total for Question 1 = 27 marks)**

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2 Andrew is 43 years old and wants to start exercising regularly.

(a) (i) Identify **one** source of formal and **one** source of informal support that could help Andrew exercise regularly.

(2)

Formal

Informal

(ii) Identify **two** difficulties Andrew may have when trying to start and keep to a regular exercise regime.

(2)

1

2

(iii) Identify **two** effects of regular exercise on physical health and wellbeing.

(2)

1

2

(b) (i) State what is meant by a genetically inherited disorder.

(1)

(ii) Outline **one** effect of having a predisposition to heart disease on a person's lifestyle choice.

(1)

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Anne is 52 years old and lives in the countryside. She has a BMI of 29 so she is classed as overweight. She has been advised to lose weight.

(c) (i) Outline how access to resources and support could impact on Anne's weight loss.

(1)

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There are many influences on someone's decision to adopt a healthy lifestyle.

(ii) Explain **two** ways the media may affect Anne's decision to lose weight.

(4)

1 .....

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2 .....

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(iii) Explain how losing weight could affect Anne's self esteem.

(2)

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**(Total for Question 2 = 23 marks)**

**TOTAL FOR PAPER = 50 MARKS**





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