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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

Friday 18 May 2018 – Morning Time: 1 hour	Paper Reference 20952E
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You do not need any other materials.	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 ☒.

1 (a) (i) State **one** positive physical effect of a healthy lifestyle. (1)

(ii) Identify **one** common diet-related illness. (1)

- A Emphysema
- B Lung cancer
- C Obesity
- D Herpes

(b) (i) State **two** food groups. (2)

1
2

A balanced diet is important to maintain health and wellbeing.

(ii) State **two** effects of a balanced diet on a person's health and wellbeing. (2)

1
2

A regular sleep pattern is very important for health and wellbeing.

(c) (i) Identify which **one** of the following is an effect of a poor sleep pattern. (1)

- A Increased alertness
- B Increased fatigue levels
- C Improved mood
- D Reduced risk of accident

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(ii) State **two** factors that can have an effect on a person maintaining a regular sleep pattern.

(2)

1

2

Excessive alcohol consumption can have a negative effect on a person's health and wellbeing.

(d) (i) Identify **two** ways excessive alcohol consumption could increase the chance of accident or injury.

(2)

1

2

(ii) Identify **one** way excessive alcohol consumption could lead to a person gaining weight.

(1)

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The environment we live in can have an effect on a person's health and wellbeing.

(e) Outline **two** effects of the home environment on intellectual wellbeing.

(2)

1

2



(iv) Explain **two** ways that informal support could encourage Margot to stop smoking.

(4)

1

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(Total for Question 1 = 26 marks)

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Adam is 68 years old; he wants to improve his health and wellbeing. Adam has decided to start exercising regularly.

2 (a) (i) Identify **one** type of exercise that would improve Adam's flexibility. (1)

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Regular exercise is very important for a person's health and wellbeing.

(ii) State **two** positive effects of regular exercise on a person's physical health and wellbeing other than flexibility. (2)

1

2

Adam's granddaughter Chloe, aged 17, has a new boyfriend.

(b) (i) State **one** sexually transmitted infection. (1)

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(ii) Explain how unsafe sexual practices could negatively affect a person's physical and emotional wellbeing. (4)

Physical

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Emotional

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Personal hygiene has an effect on a person's health and wellbeing.

Helen is 18 years old and has poor personal hygiene.

- (c) (i) Identify **two** ways poor personal hygiene could lead to social isolation. (2)

1

2

Helen is unemployed and is claiming benefits.

- (ii) Explain how having a low income could prevent Helen from having good personal hygiene. (2)

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There are many factors that could affect a person's self-esteem.

- (d) Explain how the media and family could affect self-esteem. (4)

Media

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Family

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(Total for Question 2 = 24 marks)

TOTAL FOR PAPER = 50 MARKS





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