

Please check the examination details below before entering your candidate information

Candidate surname

Other names

**Pearson BTEC
Level 1/Level 2
First Certificate**

Centre Number

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Learner Registration Number

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Monday 14 January 2019

Morning (Time: 1 hour)

Paper Reference **20952E**

Health and Social Care

Unit 9: Healthy Living

You do not need any other materials.

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 contains a variety of food groups.

1 (a) (i) Which **two** of the following are food groups? (2)

- A Vegetables
- B Vitamins
- C Water
- D Fruit
- E Dairy

(ii) State **one** effect of a balanced diet on **intellectual** wellbeing. (1)

(iii) State **two** effects of an unbalanced diet on **physical** health. (2)

1

2

(b) Identify **one** effect of regular exercise on health and wellbeing. (1)

- A Decreased strength
- B Increased obesity
- C Increased stamina
- D Decreased flexibility

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Drinking alcohol is a lifestyle choice. Jakub is 38 years old and regularly drinks excessive amounts of alcohol.

(c) (i) Describe **two** physical effects of excessive alcohol on a person.

(4)

1

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Drinking over the recommended weekly consumption levels affects health and wellbeing.

(ii) Identify the maximum recommended weekly consumption level of alcohol.

(1)

- A 7 units
- B 14 units
- C 21 units
- D 28 units

(iii) State **one** source of formal and **one** source of informal support that could help Jakub reduce his drinking.

(2)

Formal

Informal



P 5 6 4 3 3 A 0 3 1 2

(iv) Give **one** example of the form of support that could help Jakub.

(1)

Jakub has a son, Dominik, who is 20 years old.
Dominik smokes 20 cigarettes a day.

(d) (i) State **two** lung diseases that smoking could cause.

(2)

1

2

(ii) State **two** intervention strategies that Dominik could use to stop smoking.

(2)

1

2

(iii) Explain **two** barriers that Dominik may face when trying to stop smoking.

(4)

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Nadia is married to Dominik. She has recently changed her job.

(e) (i) Explain **one** intellectual effect of the change in work environment on Nadia. (2)

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(ii) Explain **two** emotional effects of the change in work environment on Nadia. (4)

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(Total for Question 1 = 28 marks)

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Sexual practices can have an effect on health and wellbeing.

- 2 (a) (i) Outline **two** ways in which a person can reduce the chances of contracting sexually transmitted infections.

(2)

1

2

- (ii) State **two** sexually transmitted infections.

(2)

1

2

Gita is 24 years old. Her Body Mass Index (BMI) is 34. This means she is obese.

- (b) (i) Identify **one** possible reason why Gita is obese.

(1)

Gita has two children. She has decided to lose some weight to improve her health and wellbeing.

- (ii) Describe **two** possible difficulties Gita may have when trying to lose weight.

(4)

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(iii) Explain **two** benefits of Gita losing weight for her emotional wellbeing.

(4)

1

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(c) Outline what is meant by emotional resilience.

(1)

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Donna is a 21 year old single woman. She started taking drugs regularly when her boyfriend died two years ago. For the last seven months, she has been in a rehabilitation centre for addiction. Donna has not taken any drugs since she went into the centre. It is now time for Donna to go back home to her parents.

(d) Discuss the barriers Donna may face trying to remain drug-free and the strategies she could use.

(8)

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Handwriting practice area with 20 horizontal dotted lines.

(Total for Question 2 = 22 marks)

TOTAL FOR PAPER = 50 MARKS





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