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Mark Scheme (Results)

June 2019

NQF BTEC Level 1/Level 2 Firsts in
Health and Social Care

Unit 9: Healthy Living
(20952E)

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June 2019

Publications Code 20952E_1906_MS

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Unit 9: Healthy Living

General marking guidance

- All learners must receive the same treatment. Examiners must mark the first learner in exactly the same way as they mark the last.
- Marking grids should be applied positively. Learners must be rewarded for what they have shown they can do, rather than be penalised for omissions.
- Examiners should mark according to the marking grid, not according to their perception of where the grade boundaries may lie.
- All marks on the marking grid should be used appropriately.
- All the marks on the marking grid are designed to be awarded. Examiners should always award full marks if deserved. Examiners should also be prepared to award zero marks, if the learner's response is not rewardable according to the marking grid.
- Where judgement is required, a marking grid will provide the principles by which marks will be awarded.
- When examiners are in doubt regarding the application of the marking grid to a learner's response, a senior examiner should be consulted.

Specific marking guidance

The marking grids have been designed to assess learner work holistically. Rows in the grids identify the assessment focus/outcome being targeted. When using a marking grid, the 'best fit' approach should be used.

- Examiners should first make a holistic judgement on which band most closely matches the learner's response and place it within that band. Learners will be placed in the band that best describes their answer.
- The mark awarded within the band will be decided based on the quality of the answer, in response to the assessment focus/outcome and will be modified according to how securely all bullet points are displayed at that band.
- Marks will be awarded towards the top or bottom of that band, depending on how they have evidenced each of the descriptor bullet points.

Question Number	Answer	Mark
1a (i)	C The World Health Organization (WHO)	1

Question Number	Answer	Mark
1a (ii)	A Dehydration D Constipation	2

Question Number	Answer	Mark
1a (iii)	Award one mark for each identification of a food group up to a maximum of two marks. Fats Carbohydrates Proteins Vitamins Minerals Fibre	2

Question Number	Answer	Mark
1 b(i)	Award one mark for each identification of an effect of poor hygiene up to a maximum of two marks. Body odour Contracting illnesses Spreading infection Tooth decay Accept any other appropriate answers.	2

Question Number	Answer	Mark
1 b(ii)	Award one mark for each identification of social wellbeing up to a maximum of two marks. Loss of friends Social isolation Bullying Unable to form friendships Accept any other appropriate answers.	2

Question Number	Answer	Mark
1 c(i)	Body Mass Index	1

Question Number	Answer	Mark
1c (ii)	<p>Award one mark for each identification of a measurement used calculating BMI up to a maximum of two marks.</p> <p>Height Weight</p>	2

Question Number	Answer	Mark														
1c (iii)	<p>Award one mark for each identification and one additional mark for each appropriate expansion; up to a maximum of four marks.</p> <p>BMI calculation does not take into account:</p> <table border="1"> <tbody> <tr> <td>Pregnancy (1)</td> <td> <ul style="list-style-type: none"> As there is baby weight </td> </tr> <tr> <td>Medication (1)</td> <td> <ul style="list-style-type: none"> As some medication can affect metabolism and how the body deposits fat (1) </td> </tr> <tr> <td>Illness (1)</td> <td> <ul style="list-style-type: none"> As a person may retain fluid (1) </td> </tr> <tr> <td>Age (1)</td> <td> <ul style="list-style-type: none"> People in later adulthood tend to have more body fat than adults (1) Children tend to have more body fat than adults (1) </td> </tr> <tr> <td>Gender (1)</td> <td> <ul style="list-style-type: none"> Males tend to have lower levels of body fat than females (1) Females tend to have higher levels of body fat than males (1) </td> </tr> <tr> <td>Muscle mass (1)</td> <td> <ul style="list-style-type: none"> Adults who lose muscle as they get older may fall in the "healthy weight" range even though they may be carrying excess fat (1) Very muscular adults and athletes may be classed "overweight" or "obese" even though their body fat is low (1) </td> </tr> <tr> <td>Bone density (1)</td> <td> <ul style="list-style-type: none"> Adults who lose bone density as they get older may fall in the "healthy weight" range even </td> </tr> </tbody> </table>	Pregnancy (1)	<ul style="list-style-type: none"> As there is baby weight 	Medication (1)	<ul style="list-style-type: none"> As some medication can affect metabolism and how the body deposits fat (1) 	Illness (1)	<ul style="list-style-type: none"> As a person may retain fluid (1) 	Age (1)	<ul style="list-style-type: none"> People in later adulthood tend to have more body fat than adults (1) Children tend to have more body fat than adults (1) 	Gender (1)	<ul style="list-style-type: none"> Males tend to have lower levels of body fat than females (1) Females tend to have higher levels of body fat than males (1) 	Muscle mass (1)	<ul style="list-style-type: none"> Adults who lose muscle as they get older may fall in the "healthy weight" range even though they may be carrying excess fat (1) Very muscular adults and athletes may be classed "overweight" or "obese" even though their body fat is low (1) 	Bone density (1)	<ul style="list-style-type: none"> Adults who lose bone density as they get older may fall in the "healthy weight" range even 	4
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	Accept any other appropriate wording.		

Question Number	Answer	Mark
1 d(i)	Answers should pertain to: The mental picture that someone has of themselves. How a person sees themselves.	1

Question Number	Answer	Mark
1 d(ii)	Award one mark for each identification and one additional mark for each appropriate expansion; up to a maximum of two marks. Encouragement (1) to keep to the plan (1). Show understanding (1) to empower him (1). Taking him to appointments (1) so he can access professional advice (1). Engage with him (1) so he maintains a positive outlook (1). Advice and guidance (1) on positive eating habits (1). Provide a nutritious diet (1) to increase/maintain his weight (1). Accept any other appropriate answers.	2

Question Number	Answer	Mark
1d (iii)	<p>Award one mark for each identification and one additional mark for each appropriate expansion; up to a maximum of four marks.</p> <p>Positive</p> <p>Promoting healthy eating (1) encourages Dean to have a balanced diet (1).</p> <p>Feature plus sized models/celebrities (1) so Dean is encouraged to meet goals (1).</p> <p>Real life recovery stories (1) keeps him motivated (1).</p> <p>Documentaries may show real-life recovery stories (1) this could help keep motivation levels (1).</p> <p>Negative</p> <p>Feature 0 sized models/celebrities (1) portrays being underweight is normal (1).</p> <p>Promote weight reducing diets or exercise routines (1) influencing Dean to try to lose more weight (1).</p> <p>Advertisements for diet medication or 'crash' diets (1) may encourage old habits (1).</p> <p>Accept any other appropriate answers.</p>	4

Question Number	Answer	Mark
2a(i)	<p>Award one mark each for any of the following: up to a maximum of two marks for each.</p> <p><u>Formal</u></p> <ul style="list-style-type: none"> • Doctors/GP • Nurses • Pharmacist • Counsellors • Support groups • Midwife <p><u>Informal</u></p> <ul style="list-style-type: none"> • Family • Friends • Partner • Work colleagues <p>Accept any other appropriate answers.</p> <p>Do not accept sources of information such as leaflets, websites etc.</p> <p>Do not accept generic jobs such as therapist and health adviser.</p> <p>Do not accept unrelated health professionals such as health visitor, nutritionist etc.</p>	4

Question Number	Answer	Mark
2a(ii)	<p>Award one mark for identification and one additional mark for appropriate expansion, up to a maximum of four marks.</p> <p>Lack of finances (1) may not be able to afford nicotine replacement (including vape) (1). Lack of understanding (1) could prevent Jenna getting to the service (1). Lack of transport (1) unable to access services (1). Time (1) due to work constraints (1) Family/friends (1) could support/undermine progress (1). Lack of motivation (1) therefore feels there is no point in getting help (1). Withdrawal/cravings (1) due to addiction (1).</p> <p>Accept any other relevant phrasing/wording.</p>	4

Question Number	Answer	Mark
2b(i)	<p>Award one mark for any of the following up to a maximum of one mark.</p> <ul style="list-style-type: none"> • Fatigue • Lack of energy • Increased risk of accident • Increased chance of illness (accept specific examples) <p>Accept any other appropriate answers.</p>	1

Question Number	Answer	Mark
2b(ii)	<p>Award one mark for any of the following up to a maximum of one mark.</p> <ul style="list-style-type: none"> • Lack of concentration • Unable to think clearly • Unable to process information (make mistakes) <p>Accept any other appropriate answers.</p>	1

Question Number	Answer	Mark
2b(iii)	<p>Award one mark for each identification and one additional mark for each appropriate expansion; up to a maximum of two marks.</p> <p>Increase socialisation (1) as he meets new people (1). He may make new friends (1) as he may get on with his colleagues (1). Spends less time with friends/family (1) due to work commitments (1).</p> <p>Accept any other appropriate answers.</p>	2

Question Number	Answer	Mark
2b(iv)	<p>Answers should pertain to:</p> <p>How characteristics/conditions are passed from parent to child.</p>	1

Question Number	Answer	Mark
2c(i)	<p>Award one mark for any of the following up to a maximum of two marks.</p> <p>Help with home management (1) so she has time to relax (1).</p> <p>Advice and guidance (1) to stop her feeling worried (1).</p> <p>Encouragement (1) so she feels confident that she is a good mum (1).</p> <p>Babysitting/taking the baby out (1) so she can maintain an intimate relationship with Jacque (1).</p> <p>Empathy (1) so she does not feel alone (1).</p> <p>Listening (1) to raise her self-esteem (1).</p> <p>Accept any other appropriate answers.</p>	2

Question Number	Answer	Mark
2c(ii)	<p>Award one mark for the identification and one additional mark for the appropriate expansion to a maximum of four marks.</p> <p><u>Intellectual</u> Lack of mental stimulation (1) as she has nothing to occupy her (1).</p> <p>Jenna may lose skills (1) as she is no longer practicing care.</p> <p>Jenna can learn new skills (1) as she may have more time (1).</p> <p>Jenna will be learning to look after the child (1) as she is the main carer (1).</p> <p>Lack of current knowledge (1) as she no longer keeps up to date with new developments.</p> <p><u>Emotional</u> Low self-esteem (1) as she no longer has a purpose (1).</p> <p>Increase self-esteem (1) as she has a new role of being as mum (1).</p> <p>Low self-worth (1) as she is no longer contributing to the household finances (1).</p> <p>Sadness/ depression (1) as she has nothing to get up for (1).</p> <p>Increased self-worth (1) as she is looking after her family (1).</p> <p>Anxiety (1) as they may not manage financially (1).</p> <p>Accept any other appropriate or inverted responses.</p>	4

Question Number	Indicative content	Mark
2d	<p>Responses may include the following:</p> <p>Strategies</p> <ul style="list-style-type: none"> • increase exercise • reducing diet • informal support • formal support • target setting • SMART • intervention strategies • reward therapy • motivation to change <p>Barriers</p> <ul style="list-style-type: none"> • peer group pressure • media influence • self-esteem levels • time available • lack of education and understanding • financial barriers • availability of negative lifestyle choices • lack of access to support. 	8
Level	Descriptor	
0 marks	No rewardable material	
1-3 marks	A few key points identified, or one point described in some detail. The answer is likely to be in the form of a list. Only one viewpoint considered. Points made will be superficial/generic and not applied/directly linked to the situation in the question.	
4-6 marks	Some points identified, or a few key points described. Consideration of more than one viewpoint but there will be more emphasis on one of them. The answer is unbalanced. Most points made will be relevant to the situation in the question, but the link will not always be clear.	
7-8 marks	Range of points described, or a few key points explained in depth. All sides of the case are considered and the answer is well-balanced, giving weight to all viewpoints. The majority of points made will be relevant and there will be a clear link to the situation in the question.	

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