

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Learner Registration Number

Pearson BTEC  
Level 1/Level 2  
First Certificate

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**Wednesday 22 May 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 ☒.

1 (a) (i) Identify which **one** of these defines health as

'A complete state of physical, mental and social wellbeing, and not merely the absence of disease or infirmity.'

(1)

- A The National Health Service (NHS)
- B The National Institute for Health and Care Excellence (NICE)
- C The World Health Organization (WHO)
- D The Department of Health (DH)

A balanced diet is important to maintain a person's health.

(ii) Identify **two** effects of lack of water in a diet.

(2)

- A Dehydration
- B Lung cancer
- C Liver disease
- D Constipation
- E Obesity

Water is a food group.

(iii) Name **two** other food groups.

(2)

1 .....

2 .....

DO NOT WRITE IN THIS AREA



Poor hygiene can have an effect on a person's health and wellbeing.

(b) (i) State **two** effects poor hygiene can have on a person's physical health and wellbeing.

(2)

1 .....

2 .....

(ii) State **two** effects poor hygiene can have on a person's social wellbeing.

(2)

1 .....

2 .....

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

(1)

.....

(ii) Which **two** measurements are used for calculating BMI?

(2)

1 .....

2 .....

(iii) Describe **two** limitations of using BMI.

(4)

1 .....

.....

.....

2 .....

.....

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Jacque and Jenna are in a relationship and live together. Jenna is a 23-year-old care worker. She smokes 10 cigarettes a day and drinks about four glasses of wine per week. She has recently found out she is pregnant. She wants to stop smoking and drinking.

- 2 (a) (i) State **two** sources of formal support and **two** sources of informal support that could help Jenna.

(4)

Formal

1 .....

2 .....

Informal

1 .....

2 .....

- (ii) Explain **two** barriers that may prevent Jenna accessing support.

(4)

1 .....

.....

.....

2 .....

.....

.....

.....



Jenna has an irregular sleeping pattern.

(b) (i) State **one** physical effect of an irregular sleeping pattern.

(1)

Jenna's sleeping pattern wakes Jacque up. Jacque has a responsible job as a restaurant manager where he needs to be alert.

(ii) State **one** effect of lack of sleep on Jacque's intellectual wellbeing.

(1)

(iii) Describe **one** effect of working as a restaurant manager on Jacque's social wellbeing.

(2)

Jacque has a genetic condition.

(iv) What is meant by the term genetic inheritance?

(1)

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Jacque and Jenna have moved house to be nearer Jacque's family; Jenna has had to give up her job and therefore they have less money.

- (c) (i) Describe **one** way Jacque's family could support Jenna's emotional wellbeing when the baby is born.

(2)

.....

.....

- (ii) Explain how giving up her job could affect Jenna's intellectual and emotional health and wellbeing.

(4)

Intellectual

.....

.....

.....

Emotional

.....

.....

.....

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Handwriting practice area with 27 horizontal dotted lines.

**(Total for Question 2 = 27 marks)**

**TOTAL FOR PAPER = 50 MARKS**



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