

Write your name here		
Surname		Other names
Edexcel Principal Learning	Centre Number	Candidate Number
	<input type="text"/>	<input type="text"/>
Society, Health and Development		
Level 1		
Unit 6: Health, Wellbeing and Lifestyle		
Wednesday 13 January 2010 – Morning Time: 1 hour		Paper Reference SH106/01
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 candidate 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 60.
- 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.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

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Answer ALL questions. Write your answers in the space provided.

Some questions must be answered with a cross . If you change your mind about an answer, put a line through the box and then mark your new answer with a cross .

1 Lifestyle choices affect health and wellbeing in both **positive** and **negative** ways.

(a) In the table below

- (i) Identify, by putting a cross in the positive column, the **two** lifestyle choices that can affect health and wellbeing in a positive way. (2)
- (ii) Identify, by putting a cross in the negative column, the **two** lifestyle choices that can affect health and wellbeing in a negative way. (2)

Lifestyle Choice	Positive	Negative
Smoking cigarettes	<input type="checkbox"/>	<input type="checkbox"/>
Eating a balanced diet	<input type="checkbox"/>	<input type="checkbox"/>
Binge drinking	<input type="checkbox"/>	<input type="checkbox"/>
Exercising regularly	<input type="checkbox"/>	<input type="checkbox"/>

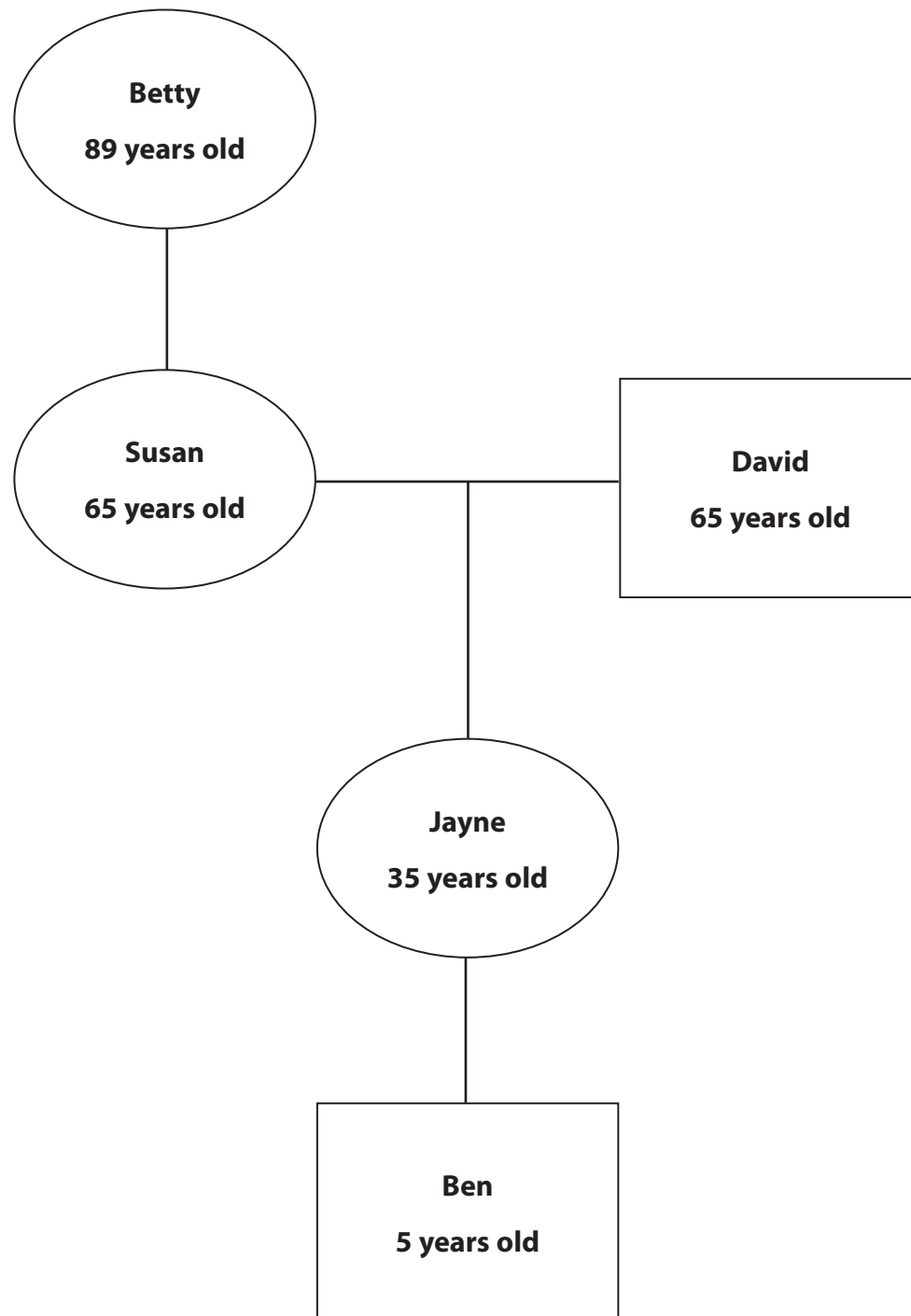
(b) Identify **one** lifestyle choice that would increase the risk of becoming obese. (1)

(c) Identify **one** long-term effect on health and wellbeing of drinking too much alcohol. (1)

(Total for Question 1 = 6 marks)



The following diagram relates to the case studies in questions 2 to 6.



2 (a)

Susan and David are both 65 years old. They both work part-time. They are both overweight. Susan enjoys writing poetry. David enjoys being a member of the local pub quiz team and drinking beer. He has stopped smoking cigarettes since being told he has heart disease.

- (i) Identify **two** activities that Susan does that may have a **positive** effect on her health and wellbeing.

(2)

1

2

- (ii) Identify **one** lifestyle choice made by David that may have a **negative** effect on his health and wellbeing.

(1)



(b)

Jayne is Susan and David's daughter. Her son Ben is 5 years old and has asthma. Jayne is a teacher and enjoys yoga and going out with her friends. She is overweight. Jayne is teaching Ben to ride his bike. Ben enjoys school, football and swimming.

(i) Identify **one** activity that Jayne does that may have a **positive** effect on her son Ben.

(1)

(ii) Identify **one** lifestyle choice made by Jayne and outline the effect this may have on her health and wellbeing.

(3)

Lifestyle choice

Effect

(iii) Identify **one** activity that Ben does and outline the effect this may have on his health and wellbeing.

(3)

Activity

Effect



(c) Jayne is overweight.

Describe **one** short-term effect and **one** long-term effect this may have on her health and wellbeing.

(i) Short-term

(2)

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(ii) Long-term

(2)

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(d) Identify and describe a lifestyle choice or activity, **not** mentioned in the case study, that could help Jayne lose weight.

(4)

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(Total for Question 2 = 18 marks)



3

Betty is Susan's mum. She is 89 years old. Betty lives with Susan and David. Susan helps to look after Betty. Betty enjoys doing crosswords and puzzles, playing cards and gardening. She has arthritis and cannot go out as much as she used to.

(a) Identify **one** physical factor that could affect Betty's health and wellbeing. (1)

(b) Identify **one** social factor that could affect Betty's health and wellbeing. (1)

(c) For **each** factor, put a cross in the correct box to indicate whether it mainly affects Betty's intellectual, physical or social development. (4)

Factor	Intellectual development	Physical development	Social development
Not going out very much	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Gardening	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Doing crosswords	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Arthritis	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



(d) Describe how living with Susan and David may have both a positive and a negative effect on Betty's health and wellbeing.

(4)

Positive

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Negative

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(e) Describe how caring for Betty may affect Susan's health and wellbeing.

(4)

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(f) Betty has had her handbag stolen.

Describe what effects a crime like this might have on the health and wellbeing of Betty and her family.

(4)

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(Total for Question 3 = 18 marks)



4 (a)

The local health centre provides many services to the community. Jayne and Ben attend the health centre. The doctors and nurses assess people's health and wellbeing in different ways.

(i) Identify **two** different ways to assess a person's health.

(2)

1

2

(ii) Jayne is overweight.

Identify **one** measurement that could be used to assess Jayne's health.

(1)

(b)

Ben enjoys playing sport but sometimes he gets short of breath when playing football because of his asthma. Jayne takes Ben to see a doctor at the health centre for a check up.

(i) Identify **one** way that Ben's shortness of breath could be assessed by the doctor.

(1)

(ii) Identify **one** other organisation, and **one** worker in this organisation, that could keep a check on Ben's shortness of breath.

(2)

Organisation

Worker

(Total for Question 4 = 6 marks)



5

David goes to the Well-Man Clinic at the local health centre for a check up every six months. He has heart disease.

(a) Identify **two** different baseline measurements that could be used to assess David's health.

(2)

1

2

(b) Choosing **one** of the baseline measurements in your answer to 5(a), describe what this baseline measurement assesses and how it is carried out by the doctor or nurse.

(4)

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(Total for Question 5 = 6 marks)



6

Jayne meets a nurse at the local health centre for a health assessment. They discuss Jayne's overall health and wellbeing. Jayne talks about how she feels about her own health and wellbeing. The nurse gives advice on how Jayne could improve her health and wellbeing.

Using the information given throughout the case studies, assess Jayne's health and wellbeing. Do this by looking at her lifestyle choices and suggesting what Jayne could do to improve her health and wellbeing.

A series of horizontal dotted lines for writing the answer.

(Total for Question 6 = 6 marks)

TOTAL FOR PAPER = 60 MARKS



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