

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
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6	
7	
8	
TOTAL	



General Certificate of Secondary Education
January 2011

Health and Social Care

48203

Unit 3 The Nature of Health and Well-Being

Thursday 27 January 2011 9.00 am to 10.15 am

You will need no other materials.

Time allowed

- 1 hour 15 minutes

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 70.



J A N 1 1 4 8 2 0 3 0 1

Answer **all** questions in the spaces provided.

1 Frank says health and well-being is the result of a combination of physical, intellectual, emotional and social factors.

1 (a) What is Frank's definition of health and well-being?

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(1 mark)

1 (b) Name **one** other definition of health and well-being.

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(1 mark)

1 (c) How does the definition you named in part (b) differ from Frank's definition?

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(3 marks)

5

2 Charlotte is a healthy 12 year old who eats a balanced diet. Her brother, David is 18 years old. His diet lacks micronutrients.

2 (a) Name **two** different macronutrients in Charlotte's balanced diet. Give **one** reason why Charlotte needs each macronutrient.

Macronutrient 1
is needed for

Macronutrient 2
is needed for

(4 marks)



2 (b) Name **two** micronutrients that David may be lacking. Give **one** different reason why each is important for David.

Micronutrient 1

is important for David because

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Micronutrient 2

is important for David because

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(4 marks)

8

3 Adrian is going on a foreign holiday. He has some vaccinations before he goes. Explain how the vaccinations will work to protect Adrian.

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(5 marks)

5

Turn over ▶



4 Shona has regular visits to her GP to be tested for diabetes and to have her blood pressure measured.

4 (a) Briefly describe how Shona will be tested for diabetes.

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(3 marks)

4 (b) Briefly describe **one** way Shona may have her blood pressure measured. Include in your answer:

- the equipment used
- how the procedure is carried out
- what the results may show about Shona’s health.

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(7 marks)



5 Rick is 5 years old. He has Down's syndrome.

5 (a) Outline the cause of Down's syndrome.

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(2 marks)

5 (b) Describe the effects Down's syndrome will have on Rick.

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(6 marks)

8

Turn over for the next question

Turn over ▶



6 Martine is 17 years old. She has been smoking cigarettes since she was 14. She now smokes 8 to 10 low-tar cigarettes every day. She has recently tried some illegal drugs at Saturday night parties.

6 (a) Describe in detail the possible effects on Martine if she continues to smoke cigarettes.

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(9 marks)



6 (b) Explain the possible risks to Martine's health and well-being if she continues to use illegal drugs.

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(7 marks)

16

Turn over for the next question

Turn over ▶



8 Explain how environmental pollution can affect the health and well-being of individuals.

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(6 marks)

6

END OF QUESTIONS



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