

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
5	
6	
7	
8	
TOTAL	



General Certificate of Secondary Education
June 2011

Health and Social Care

48203

Unit 3 The Nature of Health and Well-Being

Tuesday 21 June 2011 1.30 pm to 2.45 pm

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 U N 1 1 4 8 2 0 3 0 1

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

1 Tracy says she is healthy because she exercises regularly to keep herself fit.

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

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(1 mark)

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

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(3 marks)

4

2 Darren is an active eleven-year-old. He tries to eat a balanced diet including carbohydrates, fats and proteins.

2 (a) Give **one** different reason why each food component is important for Darren.

Carbohydrates are important because

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Fats are important because

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Proteins are important because

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(3 marks)



2 (b) Suggest **three** food components other than carbohydrates, fats and proteins that Darren needs in his balanced diet.

- 1
- 2
- 3

(3 marks)

2 (c) Explain how and why Darren's balanced diet is likely to change over the next ten years.

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(4 marks)

10

Turn over for the next question

Turn over ▶



- 3 • Padma has a well-paid and stimulating job as a hospital consultant.
- She treats many patients and works with a large team of other doctors and nurses.

Explain how Padma’s job will contribute positively to her own health and well-being.

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(7 marks)

7

4 Lou monitors his peak flow using a peak flow meter.

4 (a) Describe how this is done.

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(4 marks)



6 (b) Explain the possible effects on Olivia’s health and well-being of:

6 (b) (i) occasionally using recreational drugs

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(5 marks)

6 (b) (ii) suffering from too much stress.

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(4 marks)

18

Turn over ▶



7 Explain the likely negative influences on health and well-being of:

7 (a) unprotected sex with many different partners

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(4 marks)

7 (b) lack of regular exercise.

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(5 marks)

9



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