

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	
TOTAL	



General Certificate of Secondary Education  
June 2012

## Health and Social Care

**48203**

### Unit 3 The Nature of Health and Well-Being

Tuesday 26 June 2012 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 2 4 8 2 0 3 0 1

M/Jun12/48203

**48203**

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

- 1**
- Samantha and Wendy are healthy 25-year-old females of similar size who eat balanced diets.
  - Samantha exercises five times a week and has a positive definition of health and well-being.
  - Wendy does very little exercise and has a negative definition of health and well-being.

**1 (a)** What is meant by a positive definition of health and well-being?

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*(3 marks)*

**1 (b)** What is meant by a negative definition of health and well-being?

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*(3 marks)*

**1 (c)** Explain how Samantha and Wendy's different activity levels will affect their dietary needs.

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*(3 marks)*



**1 (d)** Name **three** macronutrients in a balanced diet.

1 .....

2 .....

3 .....

(3 marks)

12

**2** Emily is 5 years old. She has been vaccinated to protect her against common childhood diseases.

Explain how vaccinations will work to protect Emily.

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(5 marks)

5

Turn over ▶



**3** Troy measures his peak flow using a peak flow meter.

Describe how Troy will use the peak flow meter and what the results may show.

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(6 marks)

6





**5** Jason has haemophilia which needs regular treatment.

**5 (a)** Outline the cause of haemophilia.

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*(3 marks)*

**5 (b)** Describe the effects haemophilia may have on Jason.

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*(3 marks)*

<b>6</b>









**6 (c)** What are the possible effects on Freda’s health and well-being of misusing solvents?

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*(3 marks)*

**6 (d)** What are the possible risks to Freda’s health and well-being of having unprotected sex with different men?

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*(3 marks)*

21

**Turn over ▶**



7

- Zac lives alone in a small flat in a noisy neighbourhood.
- There is always a lot of litter in the streets around his home.
- He enjoys his job as he can work from home on his computer.
- Zac earns a good salary and has no money worries.
- He has few friends and his family lives a long distance away.
- He rarely sees or speaks to anyone.
- Zac likes to exercise by running on his own in the local park.

Evaluate how the different factors in Zac's life may affect his health and well-being.

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Dotted lines for writing.

(12 marks)

END OF QUESTIONS

12
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**There are no questions printed on this page**

**DO NOT WRITE ON THIS PAGE  
ANSWER IN THE SPACES PROVIDED**

