

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
January 2013

Health and Social Care

48203

Unit 3 The Nature of Health and Well-Being

Tuesday 29 January 2013 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 3 4 8 2 0 3 0 1

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

- 1**
- Lucy is a 25-year-old female who eats a balanced diet.
 - She regularly exercises in a busy gym.
 - Lucy thinks that the holistic definition of health and well-being is best.

1 (a) Briefly explain what is meant by an holistic definition of health and well-being.

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(2 marks)

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

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(3 marks)

1 (c) Name **two** macronutrients that would be in Lucy's balanced diet.
Give **one** different reason why each macronutrient is important for Lucy.

Macronutrient 1

Is important because

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2 Three students are talking about vaccinations.

Alice: "Vaccinations are only needed when you are a baby".

Greg: "The doctor gives you a big injection which protects you from all types of diseases".

Paige: "You have to have different vaccinations for different diseases".

2 (a) Which student is right?

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(1 mark)

2 (b) Briefly explain how vaccinations protect individuals.

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(5 marks)

6



3 Zena studied hard at school and she has gained very good qualifications.

Explain how studying hard at school and gaining very good qualifications will affect Zena's health and well-being.

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(5 marks)

5

4 Diane monitors her blood pressure regularly because both her parents had blood pressure problems.

4 (a) Describe **one** way Diane may monitor her blood pressure.
Include in your answer the equipment that she would use and how the procedure would be carried out.

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(5 marks)

Turn over ▶



4 (b) Briefly explain what the blood pressure readings may indicate about Diane's health.

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(3 marks)

8

5 (a) Outline the cause of Huntington's disease.

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(3 marks)

5 (b) Give **three** different symptoms of Huntington's disease.

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(3 marks)

6



6 Max is a 16-year-old male who overeats by snacking between meals.
His diet, however, is low in fibre.
Max is encouraged by his friends to drink large amounts of alcohol on Friday and Saturday nights.

6 (a) Describe in detail the possible effects on Max if he continues to overeat by snacking between meals.

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(6 marks)

6 (b) Briefly explain the possible effects on Max if he continues to eat a diet low in fibre.

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(3 marks)

Question 6 continues on the next page

Turn over ▶



6 (c) Explain the possible short-term risks to Max’s health and well-being if he drinks large amounts of alcohol on Friday and Saturday nights.

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(6 marks)

15



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