



Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

GCSE

HEALTH AND SOCIAL CARE

Unit 3 The Nature of Health and Well-Being

Wednesday 22 June 2016 Afternoon Time allowed: 1 hour 15 minutes

Materials

- You will need no other materials.

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.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in Question 9.



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

1 Alice and Misha are talking about definitions of health and well-being.

Alice says "I think health and well-being is best described as the absence of physical illness, disease and mental distress". Misha says "I think health and well-being is better described as the achievement and maintenance of physical fitness and mental stability".

1 (a) Which definition of health and well-being is Alice's?

[1 mark]

1 (b) Which definition of health and well-being is Misha's?

[1 mark]

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

[1 mark]

1 (d) Briefly explain how the definition you have named in Question **1(c)** is different from Alice and Misha's definitions.

[3 marks]



- 2 (a) Give **two** macronutrients needed in a balanced diet.
Briefly explain why each macronutrient is needed.

[4 marks]

Macronutrient 1 _____

Needed for _____

Macronutrient 2 _____

Needed for _____

- 2 (b) Give **two** micronutrients needed in a balanced diet.

[2 marks]

1 _____

2 _____

Turn over for the next question



3 Leo is an adult male who earns a high income. He enjoys playing chess in his leisure time.

3 (a) Explain how earning a high income is likely to benefit Leo's health and well-being.

[4 marks]

3 (b) Explain how playing chess in his leisure time is likely to benefit Leo's health and well-being.

[4 marks]



4 (b) Kira’s blood pressure readings are high.

Briefly explain why it is important for Kira to see her GP about her high blood pressure readings.

[3 marks]

5 Down’s syndrome is an inherited condition.

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

[2 marks]



- 5 (b) Give **five** different physical effects of Down's syndrome on a person who inherits the condition.

[5 marks]

1 _____

2 _____

3 _____

4 _____

5 _____

- 5 (c) Name **one** other inherited condition.

[1 mark]

- 6 Amida is an adult male who smokes twenty or more cigarettes each day.

- 6 (a) Give **three** different physical signs that Amida is likely to show because of his cigarette smoking.

[3 marks]

1 _____

2 _____

3 _____

Question 6 continues on the next page



8 (a) Explain what is meant by social isolation.

[3 marks]

8 (b) Give **two** likely effects of social isolation on a person's health and well-being.

[2 marks]

1 _____

2 _____



