

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										



General Certificate of Secondary Education
Specimen Paper

Health and Social Care

XXXX/W

Unit 3 The Nature of Health and Well-Being

Date: Time

You will need no other materials.
You may use a calculator

Time allowed:
• 1 hour and 30 minutes

Instructions

- Use a blue or black ink or ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Do all rough work in this book. Cross through any work you do not want to be marked.
- Answer the questions in the spaces provided.
- Continue your answers on additional answer sheets if necessary.
- Fasten any additional answer sheets you use to this paper before handing in to the invigilator at the end of the examination.

Information

- The maximum mark for this paper is 70.
- The marks for questions are shown in brackets.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in answers to Questions 5(a) and 6.

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

XXXX/W

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

1 Brian says he is healthy and well because he has no illness, disease or mental distress.

(a) What definition of health and well-being is Brian's view?

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(1 mark)

(b) Describe one different view of health and well-being.

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(3 marks)

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2 Lucy is a new-born baby. She is being breast fed. Breast milk provides a balanced diet for Lucy.

(a) (i) Name **three** food components in breast milk.

- 1.....
- 2.....
- 3.....

(3 marks)

(ii) Give one different reason why **each** food component is important for Lucy.

Food component 1 is important because

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(1 mark)

Food component 2 is important because

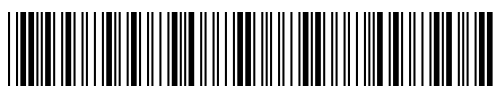
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(1 mark)

Food component 3 is important because

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(1 mark)



Barcode

Turn over ►

(b) Explain how Lucy's balanced diet needs will change over the next ten years.

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(6 marks)

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Barcode

3 Winston is a forty-five-year-old male adult. He regularly has his blood pressure, blood sugar levels and lung function monitored.

(a) Explain why it is important that Winston has his blood pressure monitored.

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(5 marks)

(b) What disorder is indicated by high blood sugar levels?

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(1 mark)

(c) Describe one way Winston’s lung function may be monitored. Include in your answer the equipment used, how the test is carried out and what the results of the monitoring may indicate about Winston’s health.

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(5 marks)



4 Nisar has haemophilia which requires regular treatment.

(a) Explain what is meant by haemophilia and the effects it may have on Nisar if it is not treated.

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(5 marks)

(b) Outline the cause of Nisar's haemophilia.

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(2 marks)

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6 Calum works long hours in a busy office with little time for rest breaks. His job is intellectually very challenging. Calum walks to and from work as he lives very near to the office. He does no other exercise. He tries to eat healthily but often finds he doesn't have time to plan his meals, so eats a lot of unhealthy snacks. Calum often wears the same underclothes for three or four days at a time. Evaluate the factors in Calum's life in terms of their likely effects on his health and well-being.

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(10 marks)

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7 (a) Noise pollution caused by heavy traffic is one type of environmental pollution. This is a problem for individuals who live near busy roads. Explain the likely effects of noise pollution on these individuals.

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(5 marks)

(b) Explain how long-term unemployment may affect an individual's health and well-being.

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(5 marks)

END OF QUESTIONS

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