

Write your name here

Surname					Other names				
Centre Number					Learner Registration Number				
Pearson BTEC Level 1/Level 2 First Certificate									

Health and Social Care

Unit 9: Healthy Living

Monday 12 January 2015 – Afternoon Time: 1 hour	Paper Reference 20952E
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You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and learner registration number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– *there may be more space than you need.*

Information

- The total mark for this paper is 50.
- The marks for **each** question are shown in brackets
– *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Answer ALL questions.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

1 Exercise is an important part of a healthy lifestyle.

Identify **two** effects of regular exercise on a person's health.

1

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2

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(Total for Question 1 = 2 marks)



2 Safe drinking patterns and low alcohol consumption are important parts of maintaining a healthy lifestyle.

(a) Which of the following are **two** short-term effects of unsafe drinking patterns on an individual?

(2)

- A Increased drowsiness
- B Improved concentration
- C Increased risk of accidents
- D Increased risk of cancer
- E Improved fitness

(b) Identify **two** long-term health risks associated with excessive alcohol consumption.

(2)

1

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2

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(Total for Question 2 = 4 marks)



3 (a) Eating a balanced diet is part of maintaining a healthy lifestyle.

Which **two** of the following foods are the best sources of protein?

(2)

- A** Fish
- B** Apples
- C** Potatoes
- D** Rice
- E** Meat

(b) Explain **two** reasons why a balanced diet is an important part of maintaining a healthy lifestyle.

(4)

1

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(Total for Question 3 = 6 marks)



4 Identify **two** physical benefits of having a regular sleep routine.

1

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2

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(Total for Question 4 = 2 marks)



5 Kevin and Tracy recently got married. They do not wish to start a family straight away and are considering whether or not to use contraception.

(a) Describe **one** way using contraception could lead to them developing or maintaining a close emotional relationship.

(2)

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(b) Describe **one** way the media could influence Kevin and Tracy's decision on their use of contraception.

(2)

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(Total for Question 5 = 4 marks)



6 Kiera is 18 years old and is in her first year of university. She has lost an excessive amount of weight over the last three months.

Explain **two** ways that excessive weight loss may affect Kiera's emotional wellbeing.

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(Total for Question 6 = 4 marks)



7 Recreational drug use can have a negative effect on an individual's health and wellbeing.

(a) Identify **two** sources of **formal** support that could provide advice on recreational drugs.

(2)

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(b) Explain **two** risks to health and wellbeing of using recreational drugs.

(4)

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(Total for Question 7 = 6 marks)



8 Physical health is a very important part of a person's overall health and wellbeing.

Explain **two** ways, using examples, in which lifestyle choices have a positive effect on physical health.

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(Total for Question 8 = 4 marks)



9 Suzi is recently divorced. She wishes to improve her health and wellbeing and has decided to stop smoking.

Explain **two** possible influences that may affect Suzi in stopping smoking.

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(Total for Question 9 = 4 marks)



10 Kate has good personal hygiene which contributes to her health and wellbeing.

(a) Describe **one** effect of good personal hygiene on Kate's social life.

(2)

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(b) Explain **two** possible barriers for people who need to improve their personal hygiene.

(4)

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(Total for Question 10 = 6 marks)



11 Read the information about Betty in the box below.

Betty is 83 years old and widowed. She has three children and eight grandchildren. She lives on her own. Her family do not visit very often.

Once a week Betty joins her friends to play cards.

Betty has started to struggle with everyday jobs that need doing around her home, especially cooking. Because of this Betty has stopped cooking nutritious meals every day. She has lost a lot of weight and is fragile.

Betty is unhappy and has decided she must do something to improve her diet. She has set herself a goal to put on weight.

Discuss strategies Betty could use in achieving her goal to eat a balanced diet and put on weight, and the potential barriers she may face.

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Lined writing area for question 11.

(Total for Question 11 = 8 marks)

TOTAL FOR PAPER = 50 MARKS





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