

Write your name here

Surname					Other names				
Centre Number					Learner Registration Number				
Pearson BTEC Level 1/Level 2 First Certificate									
<h1>Health and Social Care</h1> <h2>Unit 9: Healthy Living</h2>									
Tuesday 19 May 2015 – Morning Time: 1 hour					Paper Reference 20952E				
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 ►

P45316A

©2015 Pearson Education Ltd.

1/1/1/1



PEARSON

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 Regular exercise can have an effect on a person's health and wellbeing.

(a) Which **two** of the following are effects of a regular exercise routine?

(2)

- A Increased energy
- B Impaired mobility
- C Improved fitness
- D Impaired concentration
- E Increased stress

(b) State **one** effect of regular exercise on a person's **emotional** health.

(1)

.....

.....

(Total for Question 1 = 3 marks)



2 Fibre should be eaten as part of a balanced diet.

(a) Which **one** of the following foods is the **best** source of fibre?

(1)

- A Butter
- B Bran
- C Cheese
- D Eggs

(b) Identify **two** health risks associated with a diet lacking in fibre.

(2)

1

.....

2

.....

(Total for Question 2 = 3 marks)



3 Smoking has a negative effect on a person's health.

State **two** negative effects of smoking on a person's health.

(2)

1

.....

2

.....

(Total for Question 3 = 2 marks)



4 A regular sleep pattern can have an effect on a person's health and wellbeing.

(a) Which **two** of the following are effects of a regular sleep pattern?

(2)

- A Reduced energy levels
- B Increased risk of accidents
- C Better performance at work
- D Low resistance to disease
- E Improved concentration levels

(b) Identify **two** factors that may have a **positive** effect on a person's sleep patterns.

(2)

1

.....

2

.....

(Total for Question 4 = 4 marks)



5 Joe is in the sixth form at school. His school provides a 'breakfast club' each day to ensure staff and students are able to eat breakfast before lessons start.

(a) Describe how having breakfast at the start of the school day will benefit Joe's **intellectual** wellbeing.

(2)

.....

.....

.....

.....

.....

.....

(b) Describe **one** way in which peer group pressure could influence Joe's decision to have breakfast at school.

(2)

.....

.....

.....

.....

.....

.....

(Total for Question 5 = 4 marks)



6 Type 2 diabetes is a common illness.

(a) Identify **one** lifestyle choice that could increase an individual's risk of developing type 2 diabetes.

(1)

(b) Give **one** source of formal support and **one** source of informal support that an individual could use for advice on managing type 2 diabetes.

(2)

Formal support

Informal support

(Total for Question 6 = 3 marks)



7 Yasmin is a care assistant in a residential care home for older people. An infection has made a few residents very unwell.

Explain **two** ways Yasmin, the other staff and the residents could stop the spread of the infection.

1

.....

.....

.....

.....

.....

2

.....

.....

.....

.....

.....

(Total for Question 7 = 4 marks)



8 Mark is a successful businessman who drinks alcohol on a daily basis in excess of the recommended safe amount.

(a) Identify **one** disease associated with excessive alcohol consumption.

(1)

.....

(b) Identify **two** sources of support that could provide Mark with advice on alcohol consumption.

(2)

1

.....

2

.....

(c) Explain **two** risks to Mark's **emotional** health and wellbeing of drinking excessive amounts of alcohol.

(4)

1

.....

.....

.....

.....

.....

2

.....

.....

.....

.....

.....

(Total for Question 8 = 7 marks)

.....



9 Excessive alcohol consumption is a lifestyle choice. This can have a negative effect on a person's intellectual health and wellbeing.

Explain **two** other lifestyle choices that can have a negative affect on a person's intellectual health and wellbeing.

1

.....

.....

.....

.....

.....

2

.....

.....

.....

.....

.....

(Total for Question 9 = 4 marks)



10 Louise is 38 years old and she had a baby 6 months ago. She wishes to improve her health and wellbeing and has decided that she needs to lose some weight. Louise goes to see her GP for advice. The GP measures Louise's height and weight and calculates her BMI.

(a) What do the letters BMI stand for?

(1)

(b) Louise's BMI is 28 Kg/m².

What category does this put her in?

(1)

- A** underweight
- B** ideal weight
- C** overweight
- D** obese



(c) Explain **three** possible influences which may affect Louise's ability to lose weight.

(6)

1

.....

.....

.....

.....

.....

2

.....

.....

.....

.....

.....

3

.....

.....

.....

.....

.....

(Total for Question 10 = 8 marks)



11 Read the information about George in the box below.

George is married with four children under six years old.
He has recently been made redundant from his full-time job.
George is not sleeping well. He feels very stressed, unwell and his self-esteem is low.

Discuss possible strategies that George could put in place to improve his work and health situation and the potential barriers he may face.

(8)

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Handwriting practice area with 25 horizontal dotted lines.

(Total for Question 11 = 8 marks)

TOTAL FOR PAPER = 50 MARKS



BLANK PAGE





BLANK PAGE

