

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

Friday 20 May 2016 – Morning Time: 1 hour	Paper Reference 20952E
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You do not need any other materials.	Total Marks
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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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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 ☒.

There are many factors that can affect someone's health and wellbeing.

1 (a) (i) Identify **two** effects of smoking tobacco on a person's health and wellbeing.

(2)

1

2

(ii) Identify **one** possible source of **informal** support to help someone stop smoking tobacco.

(1)

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

(i) Which **two** of the following foods are the best sources of carbohydrates?

(2)

- A** Potato
- B** Chicken
- C** Fish
- D** Bread
- E** Eggs

(ii) Give **two** benefits of having a balanced diet.

(2)

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(c) Identify **two** sexually transmitted infections associated with unsafe sexual practices.

(2)

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(d) Describe **two** ways that taking regular exercise has a positive effect on health and wellbeing in later adulthood.

(4)

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(Total for Question 1 = 13 marks)



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Sue and Richard are a recently divorced couple with four children, Scott, Ben, Mae and Sarah.

Scott has moved out to live at university.

Ben aged 13 lives with his dad.

Mae aged 18 and Sarah aged 8 live with their mum.

2 (a) Richard is an alcoholic.

(i) Explain **one** possible effect on Ben's emotional health and wellbeing due to his dad's alcoholism.

(2)

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(ii) Explain **one** possible effect on Ben's physical health and wellbeing due to his dad's alcoholism.

(2)

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(iii) Identify **two** sources of **formal** support Ben could use for advice to help him cope with his dad's alcoholism.

(2)

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(b) Sarah's Body Mass Index (BMI) is 24 and this means she is obese.

(i) Identify **one** possible reason why Sarah is obese.

(1)

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(ii) Explain **one** way Sarah could improve her BMI.

(2)

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(iii) Explain **one** barrier Sarah might face in reducing her BMI.

(2)

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Sue used to have a manual job but has recently been promoted into a management role, based in an office.

- (c) (i) State **two** ways that being a manager could affect Sue's emotional wellbeing. (2)

1

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2

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As part of her promotion Sue is being paid more and has increased responsibility.

This has affected Mae and Sarah who still live at home with their mum, Sue.

- (ii) Describe **one** way Sue's promotion at work could improve her intellectual wellbeing. (2)

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(iii) Explain **two** ways that Sue's new work environment could negatively affect her social development.

(4)

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(d) Explain **two** ways Sue's promotion at work could negatively affect eight-year-old Sarah's health and wellbeing.

(4)

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Scott, Sue and Richard's son, plays guitar in a band. The band plays in venues where recreational drugs are used.

(e) (i) State **two** factors that may influence Scott to use recreational drugs.

(2)

1

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(ii) Explain **two** ways that using recreational drugs could affect Scott's success at university.

(4)

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(f) Read the information about Mae in the box below.

Mae has to balance her sixth form studies, part-time work and busy social life.
Her parents' divorce has made her unhappy and worried. She has started smoking additional cigarettes and is getting worried about this. Mae has decided she would like to stop.

Discuss strategies Mae could use to help her stop smoking and the potential barriers she may face.

(8)

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Handwriting practice area with horizontal dotted lines.

(Total for Question 2 = 37 marks)

TOTAL FOR PAPER = 50 MARKS



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