

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 2 June 2014 – Morning 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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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 Poor sleep patterns can have an effect on 'health and wellbeing'.

(a) Which of the following are **two** effects of poor sleep patterns.

(2)

Put a cross in **two** boxes to indicate your answers.

- A** Increased energy levels
- B** Improved mood
- C** Increased risk of accident
- D** Improved concentration levels
- E** Increased fatigue levels

(b) Identify **two** factors which can have a negative effect on sleep patterns.

(2)

1

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2

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(Total for Question 1 = 4 marks)



2 Research shows that smoking is bad for your health.

(a) Identify **two** diseases associated with smoking.

(2)

Put a cross in **two** boxes to indicate your answers.

- A Emphysema
- B Cystitis
- C Lung cancer
- D Chlamydia
- E Obesity

(b) Give **one** short-term effect of smoking on a person's physical health.

(1)

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(Total for Question 2 = 3 marks)



3 Personal hygiene is an important part of a healthy lifestyle.

Give **two** effects of poor personal hygiene on a person's 'health and wellbeing'.

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(Total for Question 3 = 2 marks)



4 Regular exercise is an important part of a healthy lifestyle.

Give **two** physical benefits of having a regular exercise routine.

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(Total for Question 4 = 2 marks)



5 Jayne has a busy social life and enjoys going to wine bars with her friends. She regularly drinks in excess of the recommended weekly intake limit for a woman.

(a) Describe **one** way in which excessive alcohol intake can lead to having an accident.

(2)

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Jayne's family are worried about her drinking habits and are trying to help her to reduce her alcohol intake.

(b) Describe what Jayne's family could do to help Jayne reduce her alcohol intake.

(2)

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(Total for Question 5 = 4 marks)



6 Adil's Body Mass Index (BMI) to one decimal place is 40.1 kg/m².

(a) Using Adil's BMI result, select his BMI rating from Table A.

(1)

Rating	BMI
Underweight	<18.5
Desirable	18.6–24.9
Overweight	25–30
Obese	30+

Table A

Put a cross in **one** box to indicate your answer.

- A Underweight
- B Desirable
- C Overweight
- D Obese

(b) Describe **one** limitation of only using BMI rating as a way of measuring physical 'health and wellbeing'.

(2)

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(Total for Question 6 = 3 marks)



7 Guy is a 17-year-old college student who is overweight and would like some advice on diet and nutrition.

(a) Give **one** source of formal support and **one** source of informal support Guy could use for advice on diet and nutrition.

(2)

Formal support

Informal support



(b) Explain **two** possible effects of being overweight on Guy's emotional 'health and wellbeing'.

(4)

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(Total for Question 7 = 6 marks)



8 Lucy is 27 years old and uses recreational drugs regularly from a range of different sources.

Explain **two** ways in which the prolonged use of recreational drugs can affect Lucy's physical health.

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(Total for Question 8 = 4 marks)



9 A person's intellectual 'health and wellbeing' is an aspect of a healthy lifestyle.

Apart from using recreational drugs, explain **two** ways, using examples, in which lifestyle choices can have a **negative** effect on a person's **intellectual** 'health and wellbeing'.

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(Total for Question 9 = 4 marks)



10 Ruby is a sixth-form college student. She wishes to improve her ‘health and wellbeing’ and has decided to start exercising regularly.

Explain **two** possible difficulties Ruby may have in starting regular exercise to improve her ‘health and wellbeing’.

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(Total for Question 10 = 4 marks)



11 The home environment can contribute to a person's 'health and wellbeing'.

(a) Describe **one** effect of an overcrowded home environment on a person's **emotional** 'health and wellbeing'.

(2)

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(b) Explain **two** effects that an overcrowded home environment may have on a person's physical health.

(4)

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(Total for Question 11 = 6 marks)



12 Read the information about Ravi in the box below.

Ravi is 45 years old. He works long hours with his brothers in the family restaurant.
When not working, he really enjoys cooking and often invites family and friends to dinner.
Ravi has recently been feeling unwell and his GP has told him that he is obese. His peak flow assessment indicates that his lungs are in poor health.
Ravi smokes 20 cigarettes a day and he doesn't exercise. As a result of seeing his GP he has decided to try to stop smoking to improve his 'health and wellbeing'.

Discuss strategies Ravi could use to stop smoking and the potential barriers he may face.

(8)

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Handwriting practice area with 20 horizontal dotted lines.

(Total for Question 12 = 8 marks)

TOTAL FOR PAPER = 50 MARKS

