

Centre No.						Paper Reference	Surname	Initial(s)
Candidate No.					<b>S   H   1   0   6   /   0   1</b>	Signature		

Paper Reference(s)

**SH106/01**

Examiner's use only

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Team Leader's use only

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# **Edexcel Principal Learning Society, Health and Development**

**Level 1**

**Unit 6: Health, Wellbeing  
and Lifestyle**

**Friday 12 June 2009 – Afternoon**

**Time: 1 hour**

Question Number	Leave Blank
1	
2	
3	
4	
5	
6	
Total	

**Materials required for examination**

Nil

**Items included with question papers**

Nil

## **Instructions to Candidates**

In the boxes above, write your centre number, candidate number, your surname, initial(s) and signature.  
 Check that you have the correct question paper.  
 Answer ALL the questions. Write your answers in the spaces provided in this question paper.  
 Do not use pencil. Use blue or black ink.

## **Information for Candidates**

The marks for individual questions and the parts of questions are shown in round brackets: e.g. (2).  
 There are 6 questions in this question paper. The total mark for this paper is 60.  
 There are 12 pages in this question paper. Any blank pages are indicated.

## **Advice to Candidates**

You are reminded of the importance of clear English and careful presentation in your answers.  
 You are advised to read the questions carefully.

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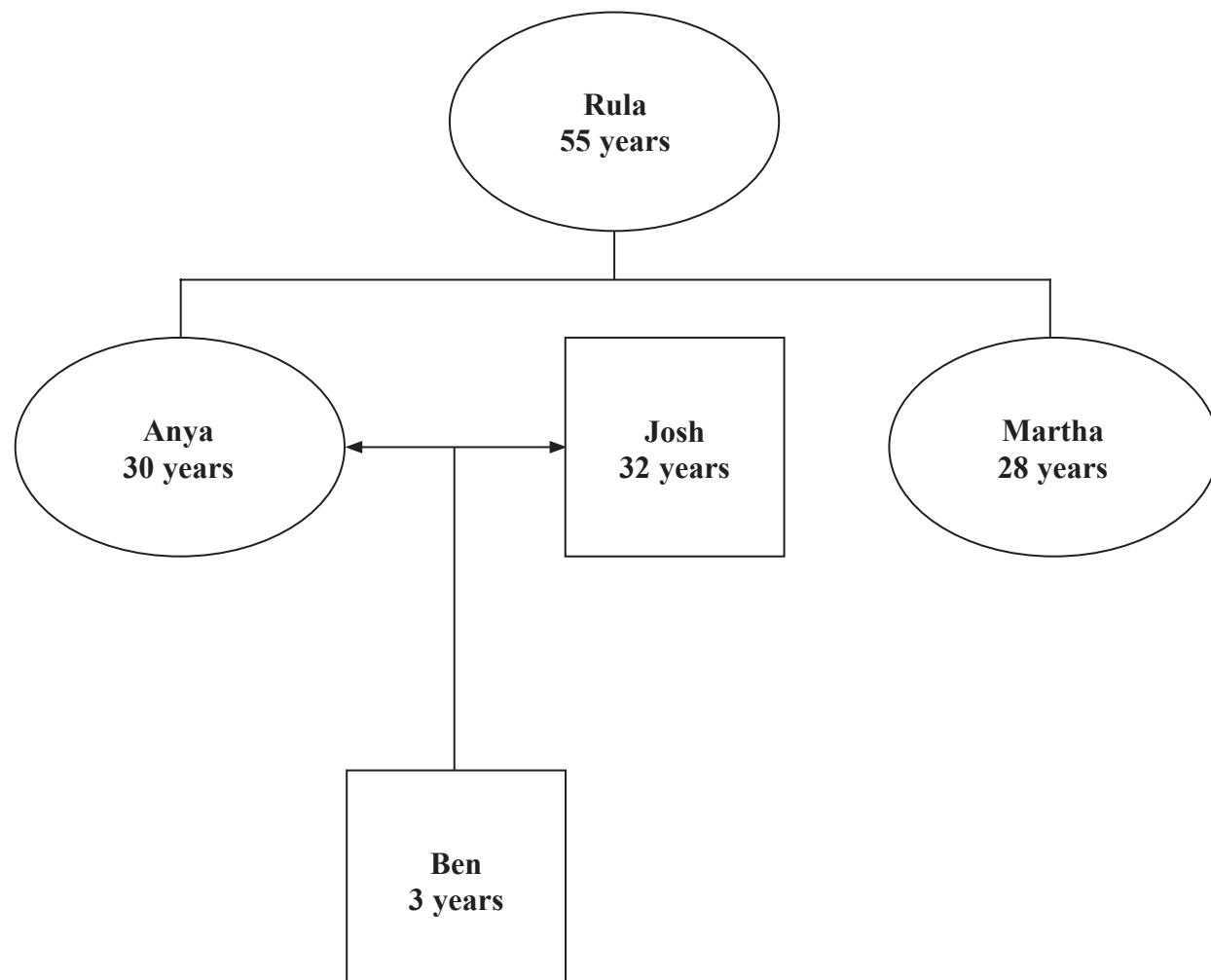


**Turn over**

<p><b>Answer ALL the questions. Write your answers in the spaces provided.</b></p> <p>1. (a) Lifestyle choices affect health and wellbeing in <b>negative</b> and <b>positive</b> ways.</p> <p>(i) Identify <b>one</b> lifestyle choice that could have a <b>negative</b> effect on health and wellbeing.</p> <p>.....</p> <p style="text-align: right;">(1)</p> <p>(ii) Identify <b>one</b> lifestyle choice that could have a <b>positive</b> effect on health and wellbeing.</p> <p>.....</p> <p style="text-align: right;">(1)</p> <p>(b) Identify <b>one</b> lifestyle choice that could <b>increase</b> the risk of obesity.</p> <p>.....</p> <p style="text-align: right;">(1)</p> <p>(c) Identify <b>one</b> lifestyle choice that could <b>reduce</b> the risk of having a stroke.</p> <p>.....</p> <p style="text-align: right;">(1)</p> <p>(d) Exercise is a lifestyle choice that can have <b>short-term</b> and <b>long-term</b> effects on health and wellbeing.</p> <p>(i) Identify <b>one short-term</b> effect of exercise on health and wellbeing.</p> <p>.....</p> <p style="text-align: right;">(1)</p> <p>(ii) Identify <b>one long-term</b> effect of exercise on health and wellbeing.</p> <p>.....</p> <p style="text-align: right;">(1)</p> <p style="text-align: right;"><b>(Total 6 marks)</b></p>	<p style="text-align: right;">Leave blank</p> <p style="text-align: right;">Q1</p>
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The following family tree relates to the case studies in Questions 2 to 6.



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2.

Anya is 30 years old, 8 months pregnant and on maternity leave. Anya likes swimming. Anya is married to Josh who is 32 years old. Josh is a Youth Worker in the city where they live. Josh plays squash. Anya and Josh are both ex-smokers. They have a 3-year-old son Ben. Ben goes to nursery two days a week. Anya is helping Ben to learn to swim and Josh likes to take Ben to the park to play football.

- (a) Identify **two** of Josh's activities that may have a **positive** effect on his health and wellbeing.

1 .....

2 .....

(2)

- (b) Identify **one** of Anya's lifestyle choices that could have a **positive** effect on Ben's health and wellbeing.

.....

(1)

- (c) Identify **one** of Anya's activities that would have a **positive** effect on her unborn child.

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(1)

- (d) Identify **one** of Anya's lifestyle choices and outline how this may affect her health and wellbeing.

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(3)



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- (e) Identify **one** activity that Ben does and outline how this may affect his health and wellbeing.

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(3)

Anya has a sister, Martha, who is 28 years old. She works full time and eats a lot of fatty foods.

- (f) Describe the **negative** effects of eating a high fat diet on Martha's health and wellbeing.

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(4)



5

Turn over

<p>(g) Identify and describe <b>one</b> activity or <b>one</b> lifestyle choice <b>not mentioned</b> in the case study that Anya's family, or Martha, could do that may have a <b>positive</b> affect on their health and wellbeing.</p> <p>..... ..... ..... ..... ..... ..... ..... ..... ..... .....</p>	<p>Leave blank</p> <p>(4)</p> <p><b>(Total 18 marks)</b></p> <p><b>Q2</b></p>



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H 3 5 7 6 2 A 0 7 1 2

7

**Turn over**

3.

Rula is Anya and Martha's mum. She is 55 years old. She works part time as a dentist's receptionist. Her husband died a few years ago and she now lives alone. She helps Anya by looking after Ben. She likes to play Bingo. Since her husband's death, Rula has put on a lot of weight.

- (a) Identify **one** economic factor that could affect Rula's health and wellbeing.

(1)

- (b) Identify **one** social factor that could affect Anya's health and wellbeing.

(1)

- (c) Identify **two** social factors that could affect Rula's health and wellbeing in a **positive** way.

2 .....  
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(2)

- (d) Rula wants to start working full time. Describe how this change may improve her health and wellbeing.

(4)

8



1 2 5 7 6 2 4 8 8 1 2

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- (e) Describe how living near to his aunt and grandmother may have a positive effect on Ben's health and wellbeing.

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(4)

- (f) Josh is concerned about the number of young people who binge drink.  
Describe how binge drinking may affect their health and wellbeing.

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(6)

Q3

(Total 18 marks)



4.

Anya sees her midwife at the health centre. The midwife assesses Anya's health and wellbeing in different ways, e.g. interviewing, observing and carrying out different baseline measurements.

- (a) Identify **two** different ways in which Anya's health and wellbeing can be assessed at the health centre.

1 .....  
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2 .....  
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**(2)**

Rula would like to lose weight and attends exercise classes at the health centre. She has had her BMI measured. Her BMI is too high and could have serious effects on her health.

- (b) What does BMI mean?

B .....

M .....

I ..  
.....  
**(1)**

- (c) Identify the **two** measurements needed to calculate a person's BMI.

1 .....

2 ..  
.....  
**(2)**

- (d) Identify **one** healthy BMI measurement.

.....  
**(1)**

Leave  
blank

**Q4**

**(Total 6 marks)**



<p>5. (a) Identify <b>two</b> baseline measurements, other than BMI, that may be used to assess health and wellbeing.</p> <p>1 .....</p> <p>2 .....</p> <p style="text-align: right;">(2)</p> <p>(b) Choose <b>one</b> of the baseline measurements identified in 5(a). Describe what this baseline measurement assesses and how it is taken.</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p style="text-align: right;">(4)</p>	<p>Leave blank</p> <p><b>Q5</b></p> <p><b>(Total 6 marks)</b></p>
<p><b>TURN OVER FOR QUESTION 6.</b></p>	



6.

Anya sees her midwife at the local health centre so she can have her health, and the health of her baby checked. Anya has had routine scans of her unborn baby. The midwife takes Anya's blood pressure [BP]. Her last BP measurement was 135/98. Anya must rest and go back for another BP measurement.

Using information from the case studies assess Anya's physical and mental health, wellbeing and lifestyle.

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Q6

(Total 6 marks)

**TOTAL FOR PAPER: 60 MARKS**

**END**

