

Write your name here

Surname

Other names

**Edexcel
Principal Learning**

Centre Number

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Candidate Number

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Society, Health and Development

Level 1

Unit 6: Health, Wellbeing and Lifestyle

Wednesday 11 January 2012 – Morning

Time: 1 hour

Paper Reference

SH106/01

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 candidate 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 60.
- 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.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Answer ALL questions. Write your answers in the space provided.

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

1 The lifestyle choices that people make can have a positive or a negative effect on their health and wellbeing.

(a) In the table below:

(i) identify, by putting a cross in the positive column, **two** lifestyle choices that may affect health and wellbeing in a **positive** way. (2)

(ii) identify, by putting a cross in the negative column, **two** lifestyle choices that may affect health and wellbeing in a **negative** way. (2)

Lifestyle Choice	Positive	Negative
Eating fast food	<input type="checkbox"/>	<input type="checkbox"/>
Swimming regularly	<input type="checkbox"/>	<input type="checkbox"/>
Not smoking cigarettes	<input type="checkbox"/>	<input type="checkbox"/>
Binge drinking	<input type="checkbox"/>	<input type="checkbox"/>

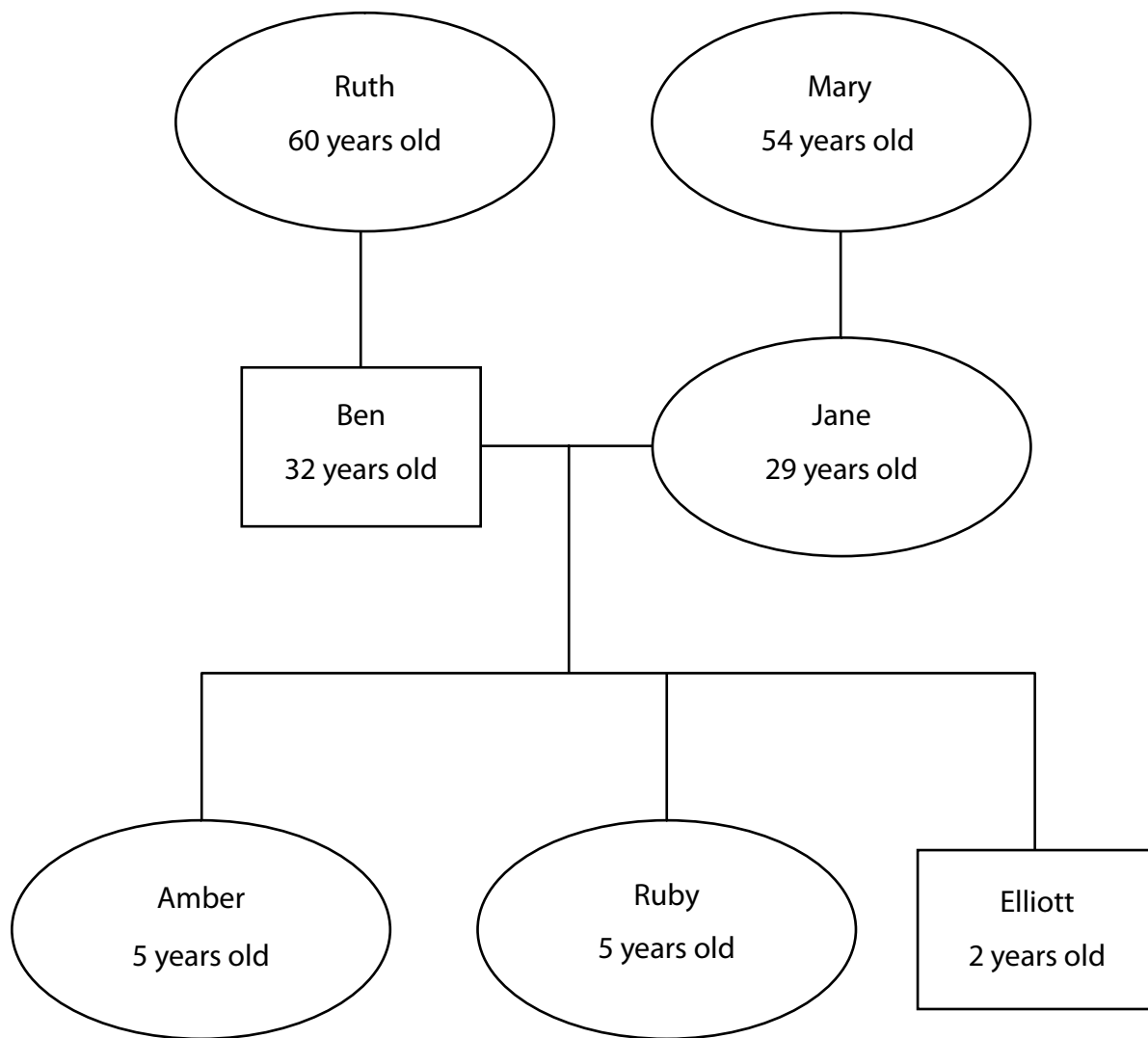
(b) Identify **one** lifestyle choice, from the table above, that could increase the risk of liver disease. (1)

(c) Identify **one** effect of swimming regularly on health and wellbeing. (1)

(Total for Question 1 = 6 marks)



The following diagram relates to the case studies in questions 2 to 7.



2

Ben is 32 years old and married to Jane who is 29 years old. They are both teachers. Jane works part time. Ben walks to work and he likes to drink beer with his friends. Jane enjoys yoga and reading. Jane and Ben enjoy swimming together.

(a) (i) Identify **two** activities that Ben does that may have a **positive** effect on his **physical** health and wellbeing. (2)

1

2

(ii) Identify **one** activity that Jane does that may have a **positive** effect on her **intellectual** health and wellbeing. (1)

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(iii) Identify **two** activities that Ben does that may have a **positive** effect on his **social** health and wellbeing. (2)

1

2

(iv) Identify **one** activity that Ben and Jane do together and outline the effect this activity may have on their **emotional** health and wellbeing. (3)

Activity

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Effect

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(b) Jane enjoys practising yoga. Yoga involves exercise and relaxation.

Explain **one** effect of practising yoga on her **physical** health and **one** effect of practising yoga on her **emotional** wellbeing.

(4)

1 Physical health

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2 Emotional wellbeing

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(Total for Question 2 = 12 marks)



3

Ben and Jane have three children. Twins Amber and Ruby are 5 years old and Elliott is 2 years old. Amber and Ruby go to school. Amber is learning to play the recorder and Ruby is learning to play the piano. Elliott goes to nursery where he enjoys playing on the trampoline. All the children like to play with their friends.

(a) Describe **one positive** effect of going to school on Amber's **social** health and wellbeing.

(2)

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(b) Describe **one positive** effect of playing on the trampoline on Elliott's **physical** health and wellbeing.

(2)

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(c) Describe **one positive** effect of learning the piano on Ruby's **intellectual** health and wellbeing.

(2)

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(Total for Question 3 = 6 marks)



4

Ruth is Ben's mum. She is 60 years old.
Mary is Jane's mum. She is 54 years old.
They are both widowed and live with Ben and Jane.

Ruth is retired and spends a lot of her time looking after her grandchildren Amber, Ruby and Elliott. She likes to take them to the park. She also enjoys travelling and cooking. She is overweight.

Mary works in a local charity shop. She enjoys reading and shopping with friends. She drinks too much alcohol.

(a) Identify **one** activity that Ruth does with her grandchildren and outline how this could affect the children's **physical** health and wellbeing.

(3)

Activity

Outline

(b) Describe **one** effect of travelling on Ruth's **intellectual** health and wellbeing.

(2)

(c) Identify **one** activity that Mary does that may affect her **social** wellbeing.

(1)



(d) Describe **one** effect of drinking too much alcohol on Mary's **physical** health and wellbeing.

(2)

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(e) (i) Describe **one positive** effect of looking after her grandchildren on **Ruth's** health and wellbeing.

(2)

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(ii) Describe **one negative** effect of looking after her grandchildren on **Ruth's** health and wellbeing.

(2)

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(f) Explain how having both Ruth and Mary living with them may affect Ben and Jane's health and wellbeing.

(4)

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(Total for Question 4 = 16 marks)



5

Amber is recovering from an accident in the school playground. She broke her right arm. She is right-handed.

(a) Identify **two** practitioners who would help Amber recover from her accident. (2)

1

2

(b) Describe **two** ways in which having a broken arm may affect Amber's health and wellbeing. (4)

1

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2

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(c) Describe **one** way in which Ruby, Amber's sister, could aid Amber's recovery. (2)

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(Total for Question 5 = 8 marks)



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