

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

Thursday 14 June 2012 – Afternoon

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 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 The lifestyle choices that people make can have a positive or 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 a balanced diet	<input type="checkbox"/>	<input type="checkbox"/>
Smoking cigarettes	<input type="checkbox"/>	<input type="checkbox"/>
Going for a walk in the country	<input type="checkbox"/>	<input type="checkbox"/>
Drinking more than the recommended amount of alcohol	<input type="checkbox"/>	<input type="checkbox"/>

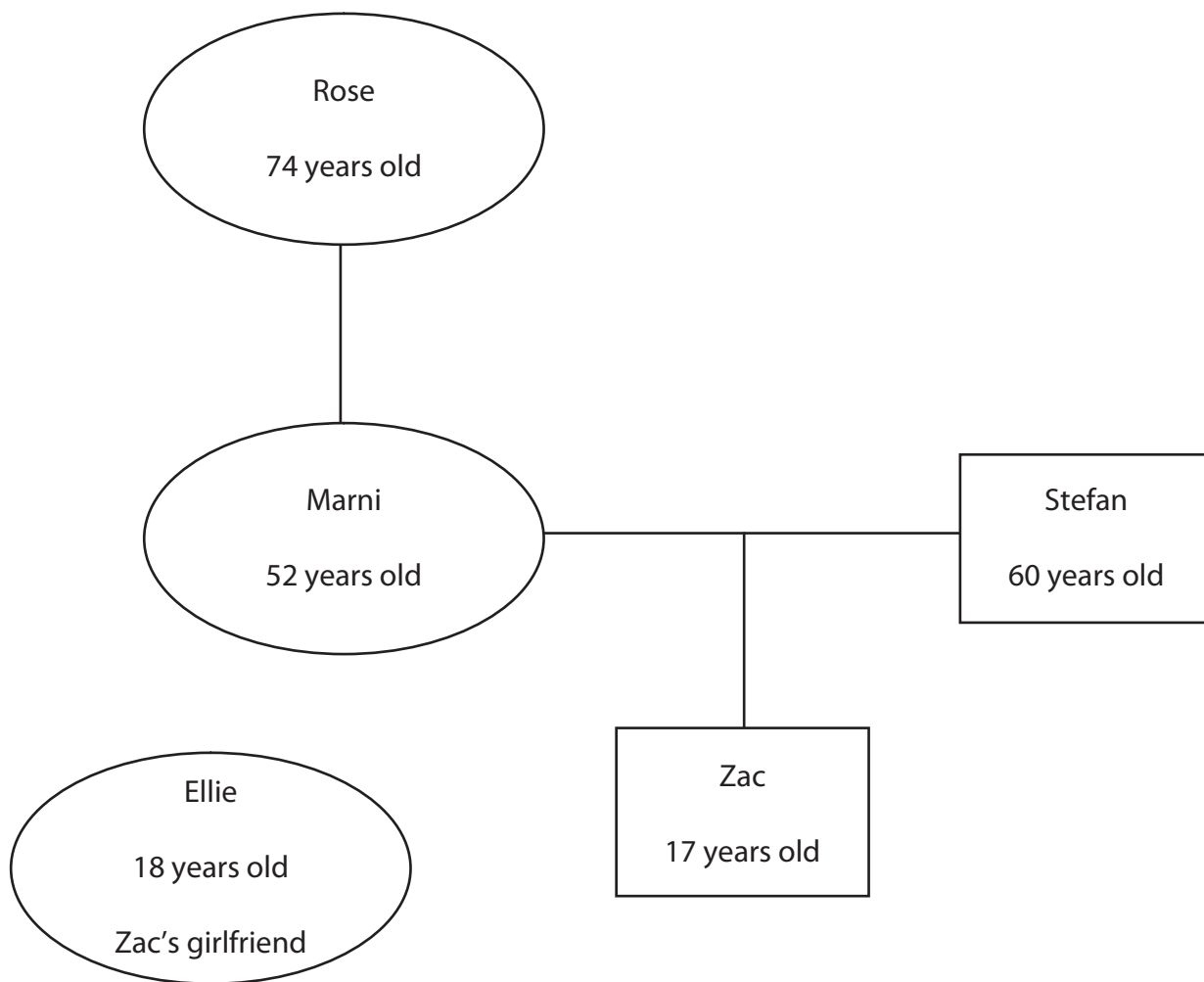
(b) Identify **one** lifestyle choice, from the table above, that could increase the risk of heart disease. (1)

(c) Identify **one** effect of eating a balanced diet 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

Marni is 52 years old. She has a stressful job. She has Type-2 Diabetes and tries to eat well. She has stopped smoking. Marni and her husband Stefan enjoy gardening together. Marni enjoys cycling when she feels well enough. Recently she has become depressed and does not want to go out with her friends.

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

1

2

(ii) Identify **one** activity that may affect Marni's **emotional** health and wellbeing. (1)

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(iii) Identify **one social** factor and outline how this factor may affect Marni's health and wellbeing. (3)

Social factor

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Effect

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(iv) Identify **one** activity, not given in the case study, that Marni could do to improve her **physical** health and wellbeing. (1)

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(b) Marni has decided to retire from her job.

Describe **two** effects that this may have on her health and wellbeing.

(4)

1

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(Total for Question 2 = 11 marks)



3

Marni's mum, Rose, is 74 years old. She has lived with Marni and Stefan since her husband died. She goes swimming twice a week, enjoys playing cards with her friends and has recently started computer lessons at her local college.

(a) Identify **one** activity that Rose does that could have a **positive** effect on her **social** health and wellbeing. (1)

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(b) Identify **one** activity that Rose does that could have a **positive** effect on her **physical** health and wellbeing. (1)

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(c) Describe **one positive** effect of living with Marni and Stefan on Rose's **emotional** health and wellbeing. (2)

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(d) Identify and outline **one** activity that Rose does that could have a positive effect on her **intellectual** health and wellbeing. (3)

Activity

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Effect

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(Total for Question 3 = 7 marks)



4

Marni and Stefan's son Zac is 17 years old. He is studying the Sport and Active Leisure Advanced Level Diploma. He has a part-time job and he plays rugby for his local team. He is learning to drive. He often eats fast food.

(a) (i) Identify **one** activity Zac does that may benefit his **physical** health and wellbeing. (1)

(ii) Identify and outline **one** activity Zac does that may benefit his future employment. (3)

Activity

Benefit



(b) Zac often stays over at his girlfriend Ellie's house. Ellie lives with her friends in a shared house close to shops, fast food outlets and the cinema.

(i) Describe **two** ways in which staying at Ellie's place may affect Zac's health and wellbeing.

(4)

1

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(ii) Describe **two** effects of Zac staying at Ellie's house on his mum, Marni's, health and wellbeing.

(4)

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5

Marni has been feeling unwell recently. She is tired and very depressed. She tries to eat well, but often snacks on crisps and chocolate. She spends most of her time watching television and does not like talking to anyone.

(a) Describe how Marni's depression may have a **negative** effect on Stefan's **emotional** health and wellbeing.

(2)

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(b) Explain, from the information in the case study above, how **two** of Marni's lifestyle choices may have a **negative** effect on her health and wellbeing.

(4)

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(Total for Question 5 = 6 marks)



6 Stefan takes Marni to see her GP.

(a) The GP interviews and observes Marni.

Explain why the GP does this.

(2)

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(b) The GP decides to carry out some baseline measurements to assess Marni's health.

(i) Blood Pressure is an example of a baseline measurement.

Outline what is meant by Blood Pressure.

(2)

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(ii) Body Mass Index (BMI) is an example of a baseline measurement.

Outline what is meant by BMI.

(2)

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(c) The GP refers Marni to a dietician.

Describe **one** way this referral might help Marni.

(2)

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(Total for Question 6 = 8 marks)



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