

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 13 June 2013 – 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.

Question 1(a) 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 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
Learning a new language	<input type="checkbox"/>	<input type="checkbox"/>
Eating a diet high in fat	<input type="checkbox"/>	<input type="checkbox"/>
Taking regular exercise	<input type="checkbox"/>	<input type="checkbox"/>
Smoking cigarettes	<input type="checkbox"/>	<input type="checkbox"/>

(b) Identify **one** lifestyle choice, from the table above, which could increase the risk of cancer. (1)

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(c) Identify **one** effect of taking regular exercise on health and wellbeing. (1)

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(Total for Question 1 = 6 marks)

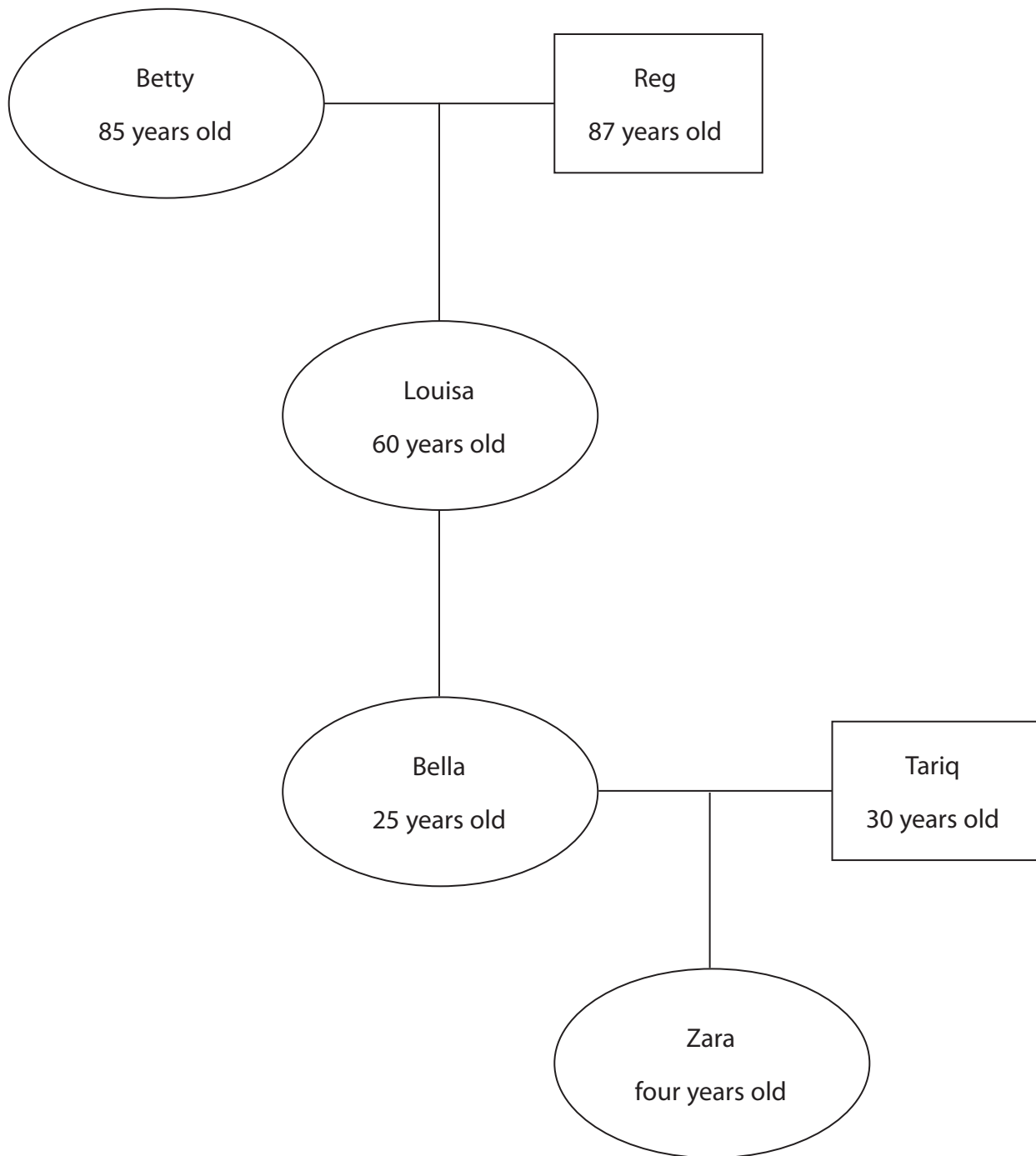
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The following diagram relates to the case studies in questions 2 – 7.



2

Reg is 87 years old and married to Betty who is 85 years old. They are both involved with their local church. Reg enjoys keeping the church grounds tidy and Betty enjoys arranging the church flowers. They both sing in the choir. Reg plays bowls and enjoys smoking a cigar. Betty enjoys reading and doing crosswords.

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

1 .....

2 .....

(ii) Identify **one** activity that may affect Betty's **social** wellbeing. (1)

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(iii) Identify **one intellectual** activity and outline how this may affect Betty's health and wellbeing. (3)

Intellectual activity

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Outline

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(iv) Identify **one** lifestyle choice made by Reg and outline how this may have a **negative** effect on his **physical** health and wellbeing.

(3)

Lifestyle choice

Outline

(v) Identify **one** activity that may affect Reg's **intellectual** health and wellbeing.

(1)

(b) Describe **one** effect of singing in the choir together on Reg and Betty's **emotional** health and wellbeing.

(2)

(Total for Question 2 = 12 marks)



3

Louisa, Reg and Betty's daughter, is 60 years old. She is a widow and works part-time at a local children's nursery. She enjoys going out with friends. She is overweight. Louisa often helps Reg and Betty.

(a) Describe **one negative** effect of being overweight on Louisa's **physical** health. (2)

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(b) Describe **one positive** effect of helping Reg and Betty on Louisa's **emotional** wellbeing. (2)

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(c) Describe **one positive** effect of working at the children's nursery on Louisa's **social** health and wellbeing. (2)

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**(Total for Question 3 = 6 marks)**



4

Bella is Louisa's daughter. She is 25 years old. Bella is married to Tariq who is 30 years old. Bella is a school receptionist and is currently on maternity leave. Bella enjoys yoga and walking. Tariq is a personal trainer and he enjoys cycling and competing in triathlons. He is actively studying to be a qualified children's personal trainer. They have a four year old daughter Zara.

(a) (i) Identify **one** activity that Bella does that may benefit her **physical** health. (1)

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(ii) Identify **one** activity Tariq does and outline how this may benefit his future career. (3)

Activity

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Benefit

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(b) Zara goes to the children's nursery where her grandmother, Louisa, works. She loves her cat, Harry. She is learning to ride her first bike.  
(i) Describe **one** effect of learning to ride her bike on Zara's **physical** health. (2)

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(ii) Describe **one** effect of going to the children's nursery on Zara's **social** health and wellbeing.

(2)

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(iii) Describe **one** effect of loving her cat, Harry, on Zara's **emotional** health and wellbeing.

(2)

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**(Total for Question 4 = 10 marks)**

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5

Betty is overweight. She has been feeling very tired and breathless lately and she now gets a lot of pain in her fingers and wrists when she is arranging flowers. This is getting her down. Reg is worried about Betty.

(a) Describe how feeling tired may have a **negative** effect on Betty's **social** health and wellbeing.

(2)

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(b) Describe how having pain in her fingers and wrists may have a **negative** effect on Betty's **emotional** wellbeing.

(2)

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(c) Describe how Betty feeling down may have a **negative** effect on Reg's **emotional** health and wellbeing.

(2)

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(d) (i) Describe how having their daughter Louisa's support **positively** affects Reg and Betty's **physical** health.

(2)

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(ii) Describe how having their daughter Louisa's support affects Reg and Betty's **emotional** wellbeing.

(2)

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**(Total for Question 5 = 10 marks)**



6

Reg talks to Louisa, his daughter, about Betty's pains, tiredness and breathlessness. Louisa takes Betty to see her GP.

(a) The GP interviews and observes Betty.

Why might the GP do this?

(2)

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(b) The GP decides to carry out some investigations and baseline measurements to assess Betty's health. Body Mass Index (BMI) and Peak Flow are examples of baseline measurements.

(i) Define what is meant by **BMI**.

(2)

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(ii) Define what is meant by **Peak Flow**.

(2)

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(iii) Describe how the GP would carry out a Peak Flow measurement on Betty.

(4)

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**(Total for Question 6 = 10 marks)**





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