

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										



General Certificate of Secondary Education
June 2011

Health and Social Care

48203

Unit 3 The Nature of Health and Well-Being

Tuesday 21 June 2011 1.30 pm to 2.45 pm

You will need no other materials.

Time allowed

- 1 hour 15 minutes

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 70.

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
5	
6	
7	
8	
TOTAL	



J U N 1 1 4 8 2 0 3 0 1

M/Jun11/48203

48203

Answer **all** questions in the spaces provided.

1 Tracy says she is healthy because she exercises regularly to keep herself fit.

1 (a) What is Tracy's definition of health and well-being?

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(1 mark)

1 (b) Name and describe **one** other definition of health and well-being.

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(3 marks)

2 Darren is an active eleven-year-old. He tries to eat a balanced diet including carbohydrates, fats and proteins.

2 (a) Give **one** different reason why each food component is important for Darren.

Carbohydrates are important because

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.....

Fats are important because

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Proteins are important because

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.....
(3 marks)

4



- 2 (b)** Suggest **three** food components other than carbohydrates, fats and proteins that Darren needs in his balanced diet.

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(3 marks)

- 2 (c)** Explain how and why Darren's balanced diet is likely to change over the next ten years.

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(4 marks)

10

Turn over for the next question

Turn over ►



- Padma has a well-paid and stimulating job as a hospital consultant.
- She treats many patients and works with a large team of other doctors and nurses.

[illegible]

7

This image shows a single sheet of white paper with ten evenly spaced, horizontal dashed lines running across its width. The lines are thin and black, typical of standard primary school handwriting practice paper. There is no text or other markings on the page.



- 4 (b)** Explain what the results may indicate about Lou's physical health.

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(2 marks)

6

- 5** Rachel is a twenty-year-old female with Down's syndrome.

- 5 (a)** Outline the cause of Down's syndrome.

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(2 marks)

- 5 (b)** Describe the effects Down's syndrome will have on Rachel.

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(5 marks)

Turn over ►

7



6 (a) Describe in detail the likely effects on Olivia's health and well-being if she continues to drink 30–40 units of alcohol each week throughout adulthood.

[illegible]

6 (b) Explain the possible effects on Olivia's health and well-being of:

6 (b) (i) occasionally using recreational drugs

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(5 marks)

6 (b) (ii) suffering from too much stress.

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(4 marks)



7 Explain the likely negative influences on health and well-being of:

7 (a) unprotected sex with many different partners

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(4 marks)

7 (b) lack of regular exercise.

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(5 marks)



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