

Please check the examination details below before entering your candidate information

Candidate surname

Other names

Centre Number

Learner Registration Number

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## Pearson BTEC Level 1/Level 2 Tech Award

Supervised hours 2 hours

Paper  
reference

**21117K**

### Health and Social Care

#### COMPONENT 3: Health and Wellbeing Set task

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 learner registration 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.*
- This booklet contains material for the completion of the assessment under supervised conditions.
- This booklet is specific to each series and this material must be issued only to learners who have been entered to take the task in the specified series.
- This booklet should be kept securely until the start of the 2-hour supervised assessment period.
- This set task should be undertaken in one sitting timetabled by Pearson.

### Advice

- Read each section carefully before you start to answer it.
- Try to answer every section.
- Check your answers if you have time at the end.

Turn over ►

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## Set task

You must complete ALL activities.

### SECTION A: Assessing health and wellbeing

You are completing work experience at a local pharmacy. You have been given the opportunity to observe the pharmacist giving health advice.

Read the information below and then complete the activities that follow.

#### Location

Giulia is 25 and lives on her own in a rented studio flat. Giulia is originally from Italy but has lived in the UK for the last six months.

#### Medical history

Giulia has always been healthy, although she has had asthma since childhood. She would like to find out more information about healthy eating from her pharmacist.

#### Family, friends and social interactions

Giulia does not have any family in the UK. She has recently started a networking group for young single Italians living in the UK – they usually play quizzes, eat junk food and drink several bottles of wine each night. Giulia is a Catholic but has not found a Catholic church she wants to attend in the UK.

#### Day-to-day life

Giulia has a gym membership although she has not been attending regularly. She has been working from home for the last two years, spending many hours every day at her computer. She works as an Italian to English translator, and she has applied for a promotion to a more senior position. Giulia has been investing some of her monthly pay. She has recently received a large sum of money after her grandfather died.



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The pharmacist has asked you to help review the information about Giulia.

- 1 (a) Explain **two** lifestyle factors that could have a **negative** effect on Giulia's health and wellbeing.

Use the information provided.

(4)

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- (b) Explain **two** economic factors that could have a **positive** effect on Giulia's health and wellbeing.

Use the information provided.

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(c) Explain **two** cultural factors that could have an effect on Giulia's health and wellbeing.

Use the information provided.

(4)

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**(Total for Question 1 = 12 marks)**





## Lifestyle data

Giulia has been asked to complete a lifestyle questionnaire.

The pharmacist asks you to review the following information:

- Giulia has recently stopped eating meat and dairy but is unsure what to eat instead
- Giulia drinks 20 units of alcohol over the week
- Giulia is not participating in regular physical activity
- Giulia sits at her computer all day working.

## Physiological data

The pharmacist has asked Giulia to use the in-store scales to calculate her BMI. Due to her asthma, the pharmacist has also asked her to record her peak flow.

The measurements are as follows:

Height	170 cm
Weight	52 kg
Body Mass Index (BMI)	17.9 kg/m <sup>2</sup>
Peak Flow	375 litres/min

## Guidance for physiological data

The pharmacist gives you the following guidance for interpreting the physiological data:

### Body Mass Index (BMI)

Weight categories	BMI (kg/m <sup>2</sup> )
Underweight	< 18.5
Healthy weight	18.5 – 24.9
Overweight	25 – 29.9
Obese	30 – 34.9
Severely obese	35 – 39.9
Morbidly obese	≥ 40



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**Peak Flow**

	PEF in l/min	Body height in metres												
	Women	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75	1.80	1.85	1.90	1.95	2.0
Age in years	15	426	438	449	461	473	485	497	509	521	533	544	556	568
	20	415	427	439	451	463	475	487	499	510	522	534	546	558
	25	405	417	429	441	453	465	477	488	500	512	524	536	548
	30	395	407	419	431	443	454	466	478	490	502	514	526	538
	35	385	397	409	420	432	444	456	468	480	492	504	516	527
	40	375	387	398	410	422	434	446	458	470	482	493	505	517
	45	364	376	388	400	412	424	436	448	459	471	483	495	507
	50	354	366	378	390	402	414	426	437	449	461	473	485	497
	55	344	356	368	380	392	403	415	427	439	451	463	475	487
	60	334	346	358	369	381	393	405	417	429	441	453	465	476
	65	324	336	347	359	371	383	395	407	419	431	442	454	466
	70	313	325	337	349	361	373	385	397	408	420	432	444	456
	75	303	315	327	339	351	363	375	386	398	410	422	434	446
	80	293	305	317	329	341	352	364	376	388	400	412	424	436







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Body  
Mass  
Index  
(BMI)

Giulia's current physical health:

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Risks to Giulia's future physical health:

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Peak  
Flow

Giulia's current physical health:

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Risks to Giulia's future physical health:

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**(Total for Question 3 = 12 marks)**

**TOTAL FOR SECTION A = 30 MARKS**

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**SECTION B BEGINS ON THE NEXT PAGE**



## SECTION B: Designing a health and wellbeing improvement plan

You have been asked to design a health and wellbeing improvement plan for Giulia.

**First** you should look back again at the information about Giulia from Questions 1, 2 and 3.

**Then** study the notes below taken by the pharmacist.

Giulia wants to:

- improve her diet
- reduce her alcohol consumption
- increase her physical activity
- get out of the house more often.

Giulia does **not** want to:

- spend a lot of money
- go to the gym on her own.

Other relevant information:

- Giulia wants to maintain her independence
- Giulia can be highly motivated if she has an end goal.

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4 Design a health and wellbeing improvement plan for Giulia. Your plan should describe **three** recommended actions.

For each action:

- set a short-term target
- set a long-term target
- explain how one source of support will help Giulia achieve the target.

(12)

Recommended Action 1

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Short-term target

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Long-term target

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Source of support and how it will help

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Recommended Action 2

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Short-term target

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Long-term target

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Source of support and how it will help

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Recommended Action 3

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Short-term target

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Long-term target

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Source of support and how it will help

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**(Total for Question 4 = 12 marks)**

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5 Explain how your plan takes into account Giulia's needs, wishes and circumstances.

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



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6 Describe potential obstacles Giulia may experience when trying to follow your health and wellbeing improvement plan and suggest how these could be reduced or overcome.

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(Total for Question 6 = 8 marks)

**TOTAL FOR SECTION B = 30 MARKS**  
**TOTAL FOR TASK = 60 MARKS**



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