

## HEALTH AND SOCIAL CARE SPECIMEN PAPER

### UNIT 1: HUMAN DEVELOPMENT and HEALTHCARE

#### Answer ALL the Questions

#### Scenario

A group of Year 8 pupils are coming to visit your health and social care class. These pupils are interested in studying health and social care and your teacher has asked you to show what you have learnt about the human body to give them a taster of a health and social care lesson. Complete the tasks below.

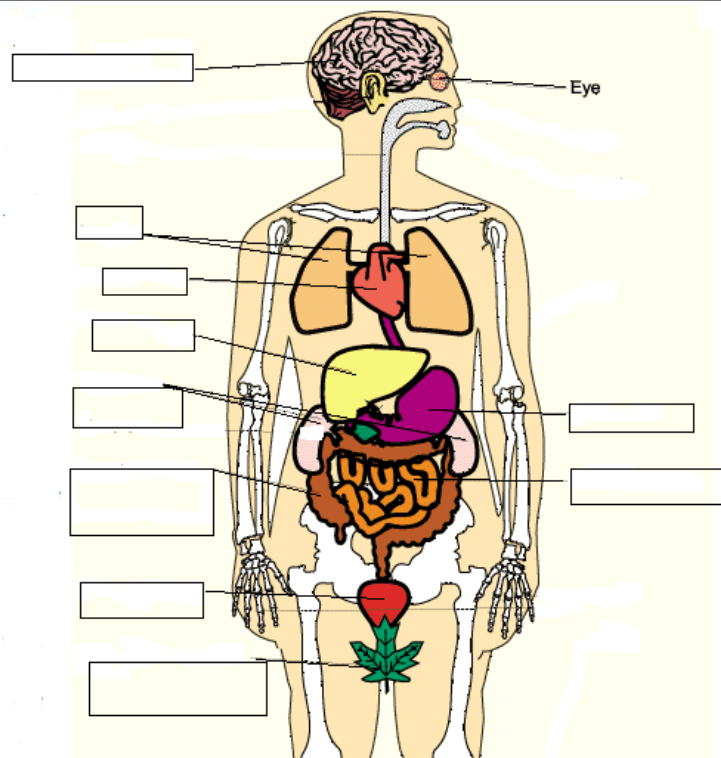
#### Section ONE (20 marks)

#### Question 1

(A1 – 20 marks)

- i) **Locate** the key human organs within the box below by labelling the diagram. The first one has been done for you. (5 marks)

brain	<del>eye</del>	heart	stomach	kidneys
bladder	testis	liver	lungs	
small intestine		large intestine		



- ii) **Identify** the main organ systems in the picture above and **list the key organs in the box** according to the main system they are part of. The first one has been done for you. **(15 marks)**

<b>Organ system</b>	<b>Key Organs</b>
a. Cardiovascular System	Heart
b.	
c.	
d.	
e.	
f.	

**Section TWO (60 marks)**

**Read the following case study and answer all the questions that follow.**

**The Vella Family**

John Vella is a 45-year-old self-employed businessman. He is married to Ann (40 years old) and they have three children:

- Julia aged 16,
- Sandra aged 7
- Mark aged 1.

They are quite well off and live in a villa in Swieqi.

Ann is a housewife. She used to be a home-economics teacher but chose to give up her job to look after the children.

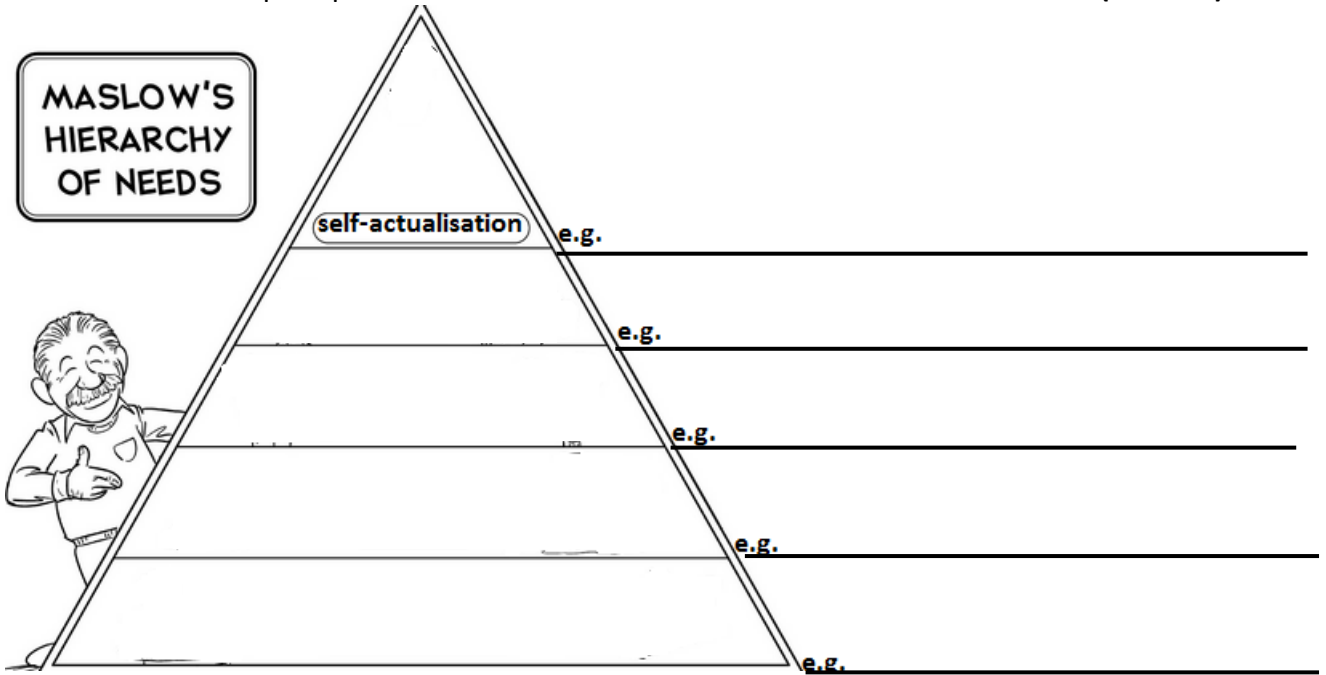
Grandmother Elsie, who is 70 and suffers from arthritis, lives with her daughter. She helps out with child minding at the weekends when John and Ann usually go out or entertain friends at home.

**Question 2**

**(K5 – 8 marks)**

This is Maslow's pyramid of human needs with the need for self-actualization at the top.

- i) Fill in the lower needs as shown and give at least **TWO examples** of the needs at each level in the space provided. **(8 marks)**



**Question 3**

**(K6 – 8 marks)**

People go through the following life stages:  
**Infancy → Childhood → Adolescence → Adulthood → Late Adulthood**

- i) Identify the current life stage of each member of the Vella Family. **(1 mark)**

Sandra: \_\_\_\_\_

Julia: \_\_\_\_\_

Mark: \_\_\_\_\_

Grandmother: \_\_\_\_\_

John: \_\_\_\_\_

- ii) Describe the particular needs of these TWO members of the Vella family to show how Maslow’s needs vary throughout a person’s life.

MARK: (3 marks)

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JULIA: (4 marks)

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**Question 4** (K7 - 8 marks)

a.

**The Vella family are quite well off.**

- i) Being well-off is which type of factor? Underline the correct answer. **(1 mark)**
- a) Health factor
  - b) Physical factor
  - c) Lifestyle factor
  - d) Socio-economic factor

- ii) **Outline** THREE possible effects that living in a well-to-do family has on the health and wellbeing of the children. **(3 marks)**

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b.

**Grandmother Elsie is an elderly woman who lives with her daughter and suffers from arthritis.**

i) Identify which type of factor age is. Underline the correct answer. (1 mark)

- a) Health factor
- b) Physical factor
- c) Lifestyle factor
- d) Socio-economic factor

ii) **Outline** how ageing has affected Grandmother’s wellbeing and everyday needs. (3 marks)

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**Question 5**

**(K8 – 8 marks)**

a.

**One Friday night John and Ann were returning home from a friend’s birthday party. He had had a little too much drink and they were involved in a car accident.**

(i) Which type of factor is drink? Underline the correct answer. (1 mark)

- a) Health factor
- b) Physical factor
- c) Lifestyle factor
- d) Socio-economic factor

(ii) **Outline** the effects of alcohol on an individual’s health and wellbeing. (3 marks)

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b.

**John and Ann survived the car accident but both were taken to hospital. Ann was discharged the next day for she had suffered no serious injuries but John had broken both legs.**

(i) Which type of factor is injury? Underline the correct answer. **(1 mark)**

- a) Health factor
- b) Physical factor
- c) Lifestyle factor
- d) Socio-economic factor

(ii) **Outline** how this injury may have affected John's everyday needs and wellbeing. **(3 marks)**

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**Question 6**

**(K9 - 8 marks)**

Ann used to teach home-economics and now cooks healthy meals for the family.

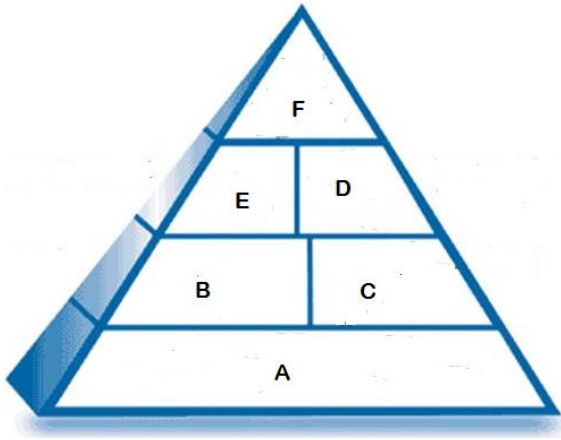
**Outline** the FIVE components of a balanced diet by:

**(8 marks)**

(i) Completing the table below. The first one has been done for you.

Name the Component	Explain why it is needed in the body	List 2 food sources
1. FATS	Fats help protect the body against the cold by preventing heat loss.	a) Butter b) Cakes
2.		a) _____ b) _____
3.		a) _____ b) _____
4.		a) _____ b) _____
5.		a) _____ b) _____

- (ii) Identifying the **food groups and their relative proportions** as set out in this food pyramid.



- A. \_\_\_\_\_  
B. *Vegetables*  
C. \_\_\_\_\_  
D. \_\_\_\_\_  
E. \_\_\_\_\_  
F. \_\_\_\_\_

**Question 7**

**(K 10 – 8 marks)**

- a. (i) Ann often warns her husband not to eat and drink too much.

**Describe TWO consequences of eating too much.**

**(4 marks)**

1. \_\_\_\_\_  
\_\_\_\_\_  
2. \_\_\_\_\_  
\_\_\_\_\_

- b. (ii) Ann also advises Julia, her eldest daughter, not to starve herself.

**Describe TWO consequences of not eating enough.**

**(4 marks)**

1. \_\_\_\_\_  
\_\_\_\_\_  
2. \_\_\_\_\_  
\_\_\_\_\_



**Question 8**

**(C2 – 12 marks)**

**“On the way home from the party at one o’clock in the morning we crashed into a tree. I was badly shaken and bruised but unhurt,” says Ann. “I called John but he didn’t answer. He was pale in the face and groaning. I got out of the car to drag John out of the wreckage but the door would not budge. His legs were twisted at a strange angle and they seemed swollen. It was clear John needed emergency medical treatment so I called 112.”**

Using the above information, distinguish the **signs and symptoms** which made Ann call for medical assistance. **(12 marks)**

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