Modified Enlarged 18pt

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Wednesday 13 January 2021 – Morning

Level 1/2 Cambridge National in Child Development

R018/01 Health and well-being for child development

Time allowed: 1 hour 15 minutes
plus your additional time allowance

No extra materials are needed.

Please write clearly in black ink.

Centre number | | | | | |

Candidate number | | | | |

First name(s) _____

Last name _____

READ INSTRUCTIONS OVERLEAF

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INSTRUCTIONS

Use black ink. You can use an HB pencil, but only for graphs and diagrams.

Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.

Answer ALL the questions.

INFORMATION

The total mark for this paper is 80.

The marks for each question are shown in brackets [ ].

Quality of extended response will be assessed in questions marked with an asterisk (*).

ADVICE

Read each question carefully before you start your answer.

SECTION A

Answer ALL the questions.

1 A Health Centre decides to display information on their noticeboard to help parents/carers be more informed about the importance of providing a balanced diet for their children.

(a) (i) Name the deficiency disease children could develop if they do not have enough iron in their diet.

_____ **[1]**

(ii) State TWO DIFFERENT foods that are good sources of iron.

1 _____

2 _____

[2]

(iii) Identify ONE OTHER deficiency disease that children may develop by eating an unbalanced diet.

_____ **[1]**

(iv) Name the nutrient that is needed to prevent this disease.

_____ **[1]**

(b) The display will also focus on parents'/carers' responsibility to provide food for their children and will show ways parents/carers can encourage their children to eat a balanced diet.

Describe ONE way parents/carers could encourage their children to eat a balanced diet.

_____

_____

_____

_____ [2]

There has been an increase in the number of obese children visiting the Health Centre. A workshop has been organised for parents/carers to learn about obesity in young children.

(c) Look at the table below and identify with a tick (✓) the TWO statements that are the most common causes of obesity in children. [2]

Causes of obesity in children	Tick (✓) two only
Eating three meals a day.	
Not getting enough exercise.	
Eating too much food that is high in calories.	
Having big bones.	

(d) **Explain TWO effects that being obese can have on a child's EMOTIONAL well-being.**

1 _____

_____

_____

_____

_____

2 _____

_____

_____

_____

_____

[6]

2 Sunita has given birth to her first child, a son, by emergency caesarean section delivery.

(a) Give TWO possible reasons why Sunita needed an emergency caesarean section delivery.

1 _____

_____

2 _____

_____

[2]

(b) Give TWO features of a caesarean section delivery.

1 _____

_____

_____

2 _____

_____

_____

[2]

(c) (i) **Name the method of pain relief Sunita would have been given for her emergency caesarean section delivery.**

_____ **[1]**

(ii) **State ONE advantage of having this method of pain relief for a caesarean section delivery.**

_____

_____ **[1]**

(d)* Sunita is allowed to go home from hospital three days after her son is born. She is told by her doctor to rest and recover for a few weeks.

Discuss ways that Sunita's family and friends could help to support her when she returns home with her son. [8]

3 **Gina and Ray are thinking about starting a family and have made an appointment with their GP to discuss a range of factors that could affect their decision to have children. During their appointment the GP suggests that Gina and Ray may benefit from genetic counselling before Gina becomes pregnant.**

(a) (i) Explain the meaning of the term 'genetic counselling'.

_____

_____

_____

_____

_____ **[3]**

(ii) Give TWO reasons why the GP has suggested that Gina and Ray may benefit from genetic counselling.

1 _____

_____

2 _____

_____

[2]

(b) Gina's GP also recommends that she is vaccinated against whooping cough.

Give TWO reasons why Gina's GP has recommended this.

1 _____

_____

2 _____

_____

[2]

(c) (i) Gina and Ray currently use 'natural family planning' as their chosen method of contraception.

From the list below choose THREE DIFFERENT fertility signs that Gina would record when using this method of contraception.

FERTILITY SIGNS

Body temperature

Changes to cervical secretions

Frequency of passing urine

Length of menstrual cycle

Breast changes

Weight gain and loss

1 _____

2 _____

3 _____

[3]

(ii) State ONE advantage of natural family planning as a method of contraception.

_____

_____ [1]

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SECTION B

Answer ALL the questions.

4 (a) Look at the picture of a child's bedroom below.

Identify THREE hazards in the bedroom shown opposite that could cause a child to have an accident.
Name ONE safety feature that would overcome each hazard. [6]

Hazard in the bedroom	Safety feature
1	
2	
3	

(b) **Children need to be taught how to keep themselves safe.**

Read the safety strategies in the table below.

Identify if they are true or false by ticking (✓) the correct box. [4]

Safety strategy	True (✓)	False (✓)
Young children should never answer the door, unless an adult is with them.		
If a young child is out with an adult and becomes lost, they should try and find their own way home.		
Young children can go home with any of their friends' parents or carers if their own parents/carers are late picking them up from nursery school.		
Young children should learn their name, address and phone number as soon as they can.		

(c)* Explain safety rules children could be taught to help them keep safe from strangers. [6]

5 (a) **Describe TWO ways that antenatal and parenting classes help prepare a mother for pregnancy and delivery.**

1 _____

_____

_____

2 _____

_____

_____

[4]

(b) **Non-invasive prenatal testing (NIPT) is a specialist antenatal screening blood test.**

(i) **State from how many weeks of pregnancy this test can be carried out.**

_____ **[1]**

(ii) **Name ONE condition this blood test is used to detect.**

_____ **[1]**

(c) **Give FOUR reasons, other than to test for genetic abnormalities, why blood tests are carried out at antenatal clinics.**

1 _____

_____

2 _____

_____

3 _____

_____

4 _____

_____

[4]

(d) **Below is a picture of a mother who has just had a water birth.**

(i) **Explain ONE reason why some mothers may choose to have a water birth.**

_____

_____

_____

_____

_____

_____

_____ **[3]**

(ii) The mother's temperature is monitored carefully throughout a water birth.

Look at the table below and identify with a tick (✓) the reason why. [1]

Reason	Tick (✓) one only
The mother's temperature may go down because the water is too cold.	
If the mother's temperature goes up, she may pass out.	
If the mother's temperature goes up, the baby needs more oxygen.	

6 (a) Social interaction is important for the development of babies and young children.

(i) Identify ONE way parents/carers can encourage social interaction.

_____

_____ **[1]**

(ii) Explain how the way you have identified could encourage a child's social interaction.

_____

_____

_____

_____ **[2]**

(b) Babies are born with a number of reflexes.

(i) Give the meaning of the term ‘reflexes’.

_____

_____

_____ [2]

(ii) Name the reflexes described in the table below. [3]

Description	Reflex name
When gently touched on the lips or cheek the baby will turn its head.	
When an object is put in a baby’s hand, the baby will close its fingers around it.	
When a baby hears a loud noise they will throw back their head and move their arms away from their body.	

(c) Describe what vernix is and its purpose.

_____

_____

_____ [2]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).

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