



Cambridge IGCSE™

GLOBAL PERSPECTIVES

0457/11

Paper 1 Written Exam

October/November 2025

INSERT

1 hour 25 minutes

INFORMATION

- This insert contains all the sources referred to in the questions.
- You may annotate this insert and use the blank spaces for planning. **Do not write your answers** on the insert.



This document has **4** pages. Any blank pages are indicated.

Source 1

The United Nations has a sustainable goal to ensure healthy lives and promote well-being for all people of all ages. Schools are an important place for learning about health and well-being. However, about 30 per cent of the global population cannot access healthcare services, and many children do not go to school.

| Benefits of a healthy lifestyle | |
|---|---|
| Individual | National |
| <ul style="list-style-type: none"> • Lengthens lifespan • Increases energy levels • Strengthens resistance to disease • Improves well-being and mental health | <ul style="list-style-type: none"> • Reduces cost of medication • Greater community involvement • Better attendance at work • Supports development of the economy |

Source 2

Schools should promote healthy lifestyles. As a teacher, I firmly believe we should educate children on how to be healthy, for example about diet, exercise, sleep, well-being and using healthcare services.

We need to teach children these skills now through nutritious school meals, physical education and lessons on health and personal development. Health workers should visit our schools regularly to guide children and monitor their development. Children will have more confidence to seek advice, ask questions about their health and lead healthy lifestyles. If not, who will look after future generations? Healthy children become healthy parents.

If children do not learn about health, our community suffers. Diseases spread, lifespans shorten, and people do not fulfil their potential. Educational underachievement, poor economic growth and social inequality will deepen.

A teacher's blog on health education

Source 3

My health clinic wanted to know about the cost of healthcare for families. I was asked to complete some research and provide a report.

A structured interview was used with eight families. The same questions were used for each person to allow comparisons between families and develop statistical information. I visited families with two or more children in their homes. A few families had grandparents living with them, therefore it was difficult talking about private matters. In addition, some of the children were noisy. The interviews were recorded so I didn't miss any information.

I found that families with children or older people had higher healthcare costs. Some families found it difficult to afford healthcare and used savings to pay for these costs.

Many families want the government to help pay for healthcare.

From a health clinic's research project, 2020

Source 4: Television debate about healthcare

Amari - a healthcare worker

I think the government should spend more money on healthcare. We need more hospitals, nurses and doctors to reduce waiting lists for operations and relieve suffering quickly. We are all overworked and underpaid. It can be stressful.

The government should offer higher wages and grants for training more new staff. In a recent television programme, a professor said that between 2023 and 2030 there will be about 10 million extra healthcare workers needed worldwide. This evidence proves my point!

The government needs to give more funding for expensive medicines and new technology to diagnose illness. If we detect disease early, more people can be cured.

Nasha - a student

Better healthcare is achieved through prevention rather than cure. If we can stop people becoming ill, it will cost less and keep us healthy.

I think health education should begin at school. We should learn about how our bodies and minds work. We need to know how to stay healthy and keep fit. Appoint a school counsellor to help with mental health issues.

This way we can prevent illness through education. This will keep costs down for the government and benefit society. With greater well-being and mindfulness, people will be more productive at work and enjoy better relationships with friends and family.

We should take responsibility for our own health. Our doctor believes that some health problems can be avoided through better choices, including more exercise and healthy eating.

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