

Write your name here

Surname

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Centre Number

Learner Registration Number

**Pearson BTEC
Level 1/Level 2
First Certificate**

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Hospitality

Unit 9: How the Hospitality Industry Contributes to Healthy Lifestyles

Friday 20 June 2014 – Morning
Time: 1 hour 15 minutes

Paper Reference

21617E

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 50.
- The marks for **each** question are shown in brackets – *use this as a guide as to how much time to spend on each question.*

Advice

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

Turn over ►

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Answer ALL questions.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

1 Which **one** of these contributes to maintaining a healthy lifestyle?

- A** Eating breakfast only
- B** Eating only when you are hungry
- C** Eating meals regularly
- D** Eating dinner after 6 pm

(Total for Question 1 = 1 mark)

2 Exercising regularly reduces the risk of which **two** of these illnesses?

- A** Heart disease
- B** Anaemia
- C** Diabetes
- D** Parkinson's disease
- E** Asthma

(Total for Question 2 = 2 marks)

3 What is the recommended daily intake (RDI) of fruit and vegetables?

- A** One portion per day
- B** Five portions per day
- C** Six portions per day
- D** Eight portions per day

(Total for Question 3 = 1 mark)



4 What is the recommended weekly maximum number of units of alcohol consumption for an adult male (safe guidelines)?

(Total for Question 4 = 1 mark)

5 (a) Broad beans are a vegetable rich in vitamin B.

Give an example of a food that is rich in vitamin B for each of the following **three** food groups.

(3)

Meat

Fruit

Cereals/nuts

(b) Name **three** fish that are rich in omega 3.

(3)

1

2

3

(Total for Question 5 = 6 marks)



6 Steaming is a healthy cooking method.

(a) Give a different healthy cooking method for each food.

An example is given for you.

(2)

Food	Healthy cooking method
Cod fillet	Steaming
Sirloin steak	
Eggs	

(b) Steaming is a healthy cooking method because it does not require added fat or oil, which adds calories and cholesterol to the food.

Explain **one** other reason why steaming is a healthy cooking method for cod fillet.

(2)

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(Total for Question 6 = 4 marks)



7 Hughes Inc. provides on site catering for its staff at a remote business park. The on site catering is the only available food for staff, who spend most of their time at their desks.

Review the Hughes Inc. menu and answer the questions.

Staff Menu

Steak pie and chips (peas if requested)

Sausage roll with beans and/or chips

Chicken curry and rice or chips

Pizza: choice of four cheese or meat feast

Apple pie and custard

(a) Give **three** reasons why this menu would not contribute to a balanced diet for the staff at Hughes Inc. if eaten regularly.

(3)

1

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2

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3

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(b) Suggest a suitable dish to add to the menu to cater for a person with celiac disease.

(1)

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(Total for Question 7 = 4 marks)



8 The Cornwall Gateway is a restaurant. Customers often ask if produce used in the dishes is organic.

(a) Produce labelled organic is usually more expensive than non-organic produce.

Give **two** other characteristics of organic produce.

(2)

1

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2

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(b) Outline **three** actions The Cornwall Gateway must take in order to change to using organic produce.

(3)

1

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2

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3

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(Total for Question 8 = 5 marks)



9 The Hillman Group is a city centre hotel that is changing the benefits and working conditions of its staff.

(a) The Hillman Group has decided to give discounted gym membership to staff.

Explain **one** reason why introducing discounted gym membership will increase staff loyalty or commitment.

(2)

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(b) The Hillman Group wants to improve the working conditions for its chefs. Currently, all chefs work two shifts per day.

The Hillman Group wants to switch its chefs' working hours to one continuous shift. This means some chefs will work an early shift and some chefs will work a late shift.

	Early shift	Late shift
Before: 2 x 4 hours each	10–2	6–10
After: 1 x 8 hours each	10–6	2–10

This change will benefit the business by increasing staff loyalty and commitment.

Explain **two** other benefits to The Hillman Group of changing the chefs' shift patterns.

(4)

1

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2

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(Total for Question 9 = 6 marks)



10 Other than cost, explain **two** important considerations when planning food menus for elderly care home residents.

1

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2

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(Total for Question 10 = 4 marks)



11 The Food Labelling Act 1996 (plus revisions) requires processed food to have detailed information on its labels.

The label shows an example of ingredient information for a processed food that is going to be used by a restaurant.

Ingredient information

Water, Glucose Syrup, Chicken (2.3%), Maize Starch, Milk Proteins, Onion, Salt, Yeast Extract (contains Barley), Vegetable Oil, Flavourings, Parsley, Emulsifier, Acidity Regulator, Flavour Enhancers, E107, Natural Flavouring, Turmeric.

Explain **two** reasons why the restaurant staff need to be able to use the ingredient information on this processed food label.

1

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2

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(Total for Question 11 = 4 marks)



12 The Happy Hotel is a 100 bedroom hotel with 35 full and part-time staff. It is located near a motorway junction and caters for business travellers. The hotel needs to increase its appeal to business travellers who want facilities that contribute to healthy lifestyles. The hotel has decided to convert a conference room at the back of the hotel into a 24-hour gym that is free for guests.

(a) Explain **one** constraint on The Happy Hotel that would affect its ability to offer a 24-hour gym.

(2)

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(b) Other than being free, outline **two** reasons why a 24-hour gym would be attractive to The Happy Hotel's business traveller customers.

(2)

1

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2

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