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Hospitality

Unit 9: How the Hospitality Industry Contributes to Healthy Lifestyles

Friday 16 January 2015 – Morning Time: 1 hour 15 minutes	Paper Reference 21617E
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You do not need any other materials.	Total Marks
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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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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 ☒.

Answer ALL questions.

1 Identify **one** mineral essential for maintaining healthy bones and teeth.

- A Copper
- B Platinum
- C Calcium
- D Lead

(Total for Question 1 = 1 mark)

2 Which **two** of these contribute to maintaining a healthy lifestyle?

- A Consuming only fruit and vegetables
- B Taking time for rest and relaxation
- C Doing regular physical activity
- D Having limited rest periods
- E Eating one meal per day

(Total for Question 2 = 2 marks)

3 Identify **one** function of carbohydrates.

- A Release fats
- B Regulate fluids
- C Eliminate sugars
- D Provide energy

(Total for Question 3 = 1 mark)



4 Water is essential for the body to function.

State which other macronutrient is essential for the growth and repair of body tissue.

.....

(Total for Question 4 = 1 mark)

5 Eating too much salt and sugar can cause health problems.

(a) Give **one** health problem caused by eating too much salt.

(1)

.....

(b) Give **two** health problems caused by eating too much sugar.

(2)

1

.....

2

.....

(Total for Question 5 = 3 marks)

6 Egg yolks are a good source of vitamin D.

Name **three** other foods that are a good source of vitamin D.

1

2

3

(Total for Question 6 = 3 marks)



7 Wholemeal bread is a healthier alternative to white bread. One reason for this is that it contains more fibre.

(a) Give **two** other reasons why wholemeal bread is a healthier alternative to white bread.

(2)

1

.....

2

.....

(b) Give an example of a food high in fibre for each of the following **three** food groups.

(3)

Pulses

.....

Vegetables

.....

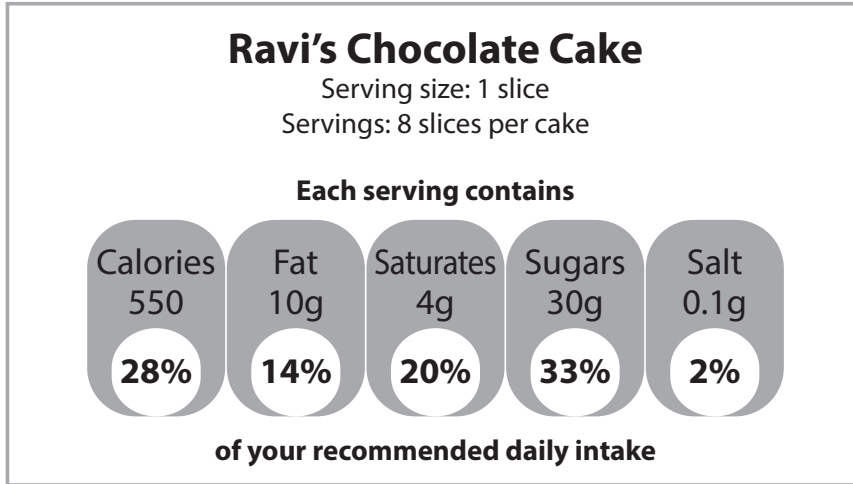
Fruit

.....

(Total for Question 7 = 5 marks)



8 Ravi owns a café that specialises in homemade cakes. He is considering packaging his cakes so customers can buy them to take away. He wants to include the recommended daily intake (RDI) of calories, fat, saturated fat, sugar and salt on the front of the package.



(a) State **two** ways that presenting RDI information in this way helps customers make healthier choices.

(2)

1

2

(b) Give **two** other ways Ravi can display his products at the point of sale to help customers make healthier choices.

(2)

1

2

(Total for Question 8 = 4 marks)



9 The Highlander Restaurant offers a set lunch menu.

**The Highlander Restaurant
Lunch Menu**

Starters
Melon fan with raspberries
or
Tomato and mozzarella salad

Mains
Poached salmon
or
Flaky pastry steak pie

Desserts
Poached pears with cream
or
Chocolate peanut butter brownie

(a) State which **two** dishes are not suitable for a person with celiac disease.

(2)

1

2

The Highlander Restaurant has received a booking for a guest with a peanut allergy. One way the chef could prevent triggering an allergic reaction would be to remove peanuts from the menu.

(b) Explain **one** other way the chef can prevent triggering an allergic reaction in the guest with a peanut allergy.

(2)

.....

.....

.....

(Total for Question 9 = 4 marks)



10 Glyn owns a café called Peabody's. The same kitchen staff have worked at the café for three years. In the past, all dishes have been premade.

Glyn wants to relaunch Peabody's as a health food restaurant. There will be a new menu and all dishes will now be cooked to order.

(a) Explain **one** staffing constraint on Peabody's that would affect its ability to cook all dishes to order.

(2)

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To help relaunch Peabody's as a health food restaurant, Glyn wants to source all fresh produce from local suppliers.

(b) Explain **one** reason why using local suppliers will help Glyn to relaunch Peabody's as a health food restaurant.

(2)

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(Total for Question 10 = 4 marks)



11 The Berry Primary School has appointed a contract caterer, Katie's Kitchen, to provide school meals and other catering services.

Katie's Kitchen has introduced lunch cards that have a reward system. Meals are given points according to their nutritional value. When children collect enough points, they are given a reward.

The points for each dish are listed on the menu:

Lunch Menu	
Healthy world food option of the day	15 pts
Baked cod	12 pts
Chicken stir fry	12 pts
Vegetable lasagne	10 pts
Pasta in creamy mushroom sauce	8 pts
Cheeseburger and chips	1 pt

Eat 5 healthy world food options in a week and get 20 bonus points!

(a) Explain **two** ways the reward system will help encourage healthy lifestyles for the schoolchildren.

(4)

1

2



(b) Other than the reward system, state **two** ways Katie's Kitchen can encourage healthy eating throughout the day at Berry Primary School.

(2)

1

.....

2

.....

(Total for Question 11 = 6 marks)



12 Tree Parks is a campsite in the Derbyshire countryside. It is popular with walkers who come to hike in the nearby woods and hills.

The owners of Tree Parks want to grow their business by attracting more families. They have decided to offer courses in a range of outdoor pursuits, including archery and rock climbing. The courses will be at beginner level and run by trained staff.

(a) Explain **two** reasons why offering these courses will attract more families to Tree Parks.

(4)

1

.....

.....

2

.....

.....

Tree Parks is promoting its new range of courses by offering a free fitness check with a personal trainer. The trainer will review each customer's fitness levels and recommend the most suitable activity offered at Tree Parks.

(b) Explain **two** drawbacks to Tree Parks of promoting its new range of courses in this way.

(4)

1

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2

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