

Write your name here

Surname					Other names				
Centre Number					Learner Registration Number				
Pearson BTEC Level 1/Level 2 First Certificate									

Hospitality

Unit 9: How the Hospitality Industry Contributes to Healthy Lifestyles

Friday 15 May 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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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 Water is a macronutrient.

Give **one** reason why it is essential to drink water.

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(Total for Question 1 = 1 mark)

2 Identify **two** vitamins that are fat soluble.

- A Vitamin A
- B Vitamin B
- C Vitamin D
- D Vitamin H
- E Vitamin J

(Total for Question 2 = 2 marks)

3 Nuts and wheat are common triggers of food allergies.

Give **three** other common triggers of food allergies.

1

2

3

(Total for Question 3 = 3 marks)

4 Minerals are micronutrients that are needed for a balanced diet. One mineral is iron.

Give **two** other minerals that are needed for a balanced diet.

1

2

(Total for Question 4 = 2 marks)



5 Which **two** of these foods are rich in iron?

- A** Butter
- B** Lentils
- C** Grapes
- D** Turnips
- E** Liver

(Total for Question 5 = 2 marks)

6 Hospitality businesses must cater for customers who have special dietary requirements.

Complete the table with **one** dietary request associated with **each** dietary requirement.

Dietary requirement	Request
Vegan	
Diabetic	

(Total for Question 6 = 2 marks)

7 State the recommended daily intake (RDI) of calories for men and women.

Men

.....

Women

.....

(Total for Question 7 = 2 marks)



8 The eatwell plate shows the concept of a balanced diet.

The eatwell plate



(a) State the names of the **two** largest food groups on the eatwell plate.

(2)

1

2

(b) State the name of the smallest group on the eatwell plate.

(1)

.....

(Total for Question 8 = 3 marks)



9 High blood pressure can be caused by not getting enough rest and relaxation.

Give **two** other health problems that can be caused by not getting enough rest and relaxation.

1

2

(Total for Question 9 = 2 marks)

10 Marvent owns a restaurant. He has decided to feature free-range products on his menu.

(a) Give **two** ways Marvent can communicate this menu change to his diners.

(2)

1

2

(b) Explain **two** constraints on Marvent's restaurant of using only free-range products.

(4)

1

2

(Total for Question 10 = 6 marks)



11 Total Foods is a catering business. The owners want to help their staff have healthy lifestyles.

One benefit to Total Foods of ensuring that staff have healthy lifestyles is increased staff efficiency.

(a) Give **two** other benefits to Total Foods of ensuring staff have healthy lifestyles.

(2)

1

2

The owners of Total Foods offer light stretching exercise sessions for staff before each large catering event.

(b) Explain **one** way these exercise sessions will improve staff efficiency for Total Foods.

(2)

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.....

(Total for Question 11 = 4 marks)



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12 Pardy runs an events catering business selling healthy vegetarian food from a food truck. Pardy takes her food truck to local markets and events. She makes all of her menu items freshly each day.



(a) Explain **two** reasons why a food truck is a good way for Pardy to sell her healthy vegetarian food.

(4)

1

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Pardy is going to a busy market where her food is very popular. Her food truck does not have enough storage space for all the products she expects to sell.

Pardy needs to adapt her menu to make more storage space but still wants to provide a healthy vegetarian menu.

(b) Explain **two** ways Pardy could adapt her menu to ensure that she uses her limited storage space efficiently.

(4)

1

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2

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(Total for Question 12 = 8 marks)



13 Excessive consumption of alcohol can lead to health problems.

(a) What is the recommended maximum number of units of alcohol it is safe for a woman to drink per day?

(1)

(b) Greta is a football player. Fitness is very important to her lifestyle and she trains five days per week.

Explain **two** ways excessive alcohol consumption would affect Greta's ability to play football in the long term.

(4)

1

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2

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(Total for Question 13 = 5 marks)



14 Patrick owns a bar called The Shilling. The bar serves alcoholic drinks and a wide range of non-alcoholic drinks, including alcohol-free beers, soft drinks and hot drinks.

The Shilling is on a busy high street. Patrick wants to promote his healthier products to increase The Shilling’s profitability.

Discuss how The Shilling can promote its healthier products to increase its profitability.

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(Total for Question 14 = 8 marks)

TOTAL FOR PAPER = 50 MARKS



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