

Write your name here

Surname

Other names

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

Centre Number

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Learner Registration Number

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# Hospitality

## Unit 9: How the Hospitality Industry Contributes to Healthy Lifestyles

Wednesday 8 June 2016 – 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.

Write your answers in the spaces provided.

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 Pasta is a type of food that is a good source of carbohydrate.

Give **two** other types of food that are good sources of carbohydrate.

1 .....

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2 .....

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(Total for Question 1 = 2 marks)

2 Give **two** ways how leading a healthy lifestyle can benefit you.

1 .....

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2 .....

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(Total for Question 2 = 2 marks)

3 Bill and Mary own a restaurant. In the busy summer season they work seven days a week. At the end of the summer they always close the restaurant for three weeks and go on holiday for rest and relaxation.

Give **two** ways how rest and relaxation contribute to a healthy lifestyle.

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2 .....

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(Total for Question 3 = 2 marks)

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4 Julie is a chef in a care home. She wants the elderly residents in the care home to have a healthy weight and to be able to do activities to improve their health.

(a) Identify **one** way that Julie can help the residents in the care home to have a healthy weight.

(1)

- A Monitoring portion size
- B Using locally sourced foods
- C Buying from authorised suppliers
- D Monitoring waste

(b) Give **two** different types of activity the care home could offer residents to help improve their health.

(2)

1 .....

2 .....

**(Total for Question 4 = 3 marks)**



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5 Omega-3 fatty acids can help to maintain a healthy diet.

(a) Identify **two** foods which are high in omega-3 fatty acids.

(2)

- A** Mushrooms
- B** Bananas
- C** Nuts
- D** Chicken
- E** Mackerel

(b) Frying fish increases the fat content in the fish.

State **two** healthier ways to cook fish.

(2)

1 .....

2 .....

**(Total for Question 5 = 4 marks)**

6 John is the manager of a pub. He puts crisps and pork scratchings on the bar as snacks for customers. He thinks he should give customers some healthier snacks.

State **two** different healthier snacks John could give to customers.

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**(Total for Question 6 = 2 marks)**

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7 Many people need a low salt diet for health reasons.

State **two** ingredients a chef can use to flavour a dish, rather than using salt.

1 .....

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2 .....

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(Total for Question 7 = 2 marks)

8 People leading a sedentary lifestyle have a risk of becoming overweight.

State **one** other risk associated with leading a sedentary lifestyle.

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(Total for Question 8 = 1 mark)

9 Milk products contain vitamins that are good for children.

Give **two** other reasons why milk products are good for children.

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(Total for Question 9 = 2 marks)

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**10** Gladys is 86 years old and has difficulty in walking. She uses a specialist frozen food company to deliver frozen ready meals to her home.

Explain **two** advantages for Gladys' diet of using a specialist frozen food company to deliver frozen ready meals.

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**(Total for Question 10 = 4 marks)**

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11

MONSTER BREAKFAST

£17.50 or

£20.00 for 2 people

If you finish it in less than half an hour we will give it to you  
FREE!

We will also give you a t-shirt and put  
your name and photo on our Wall of Fame!

BUT

If you do not finish it in time we will put your name and your photo  
on our Wall of Shame!

*6 bacon rashers*

*6 sausages*

*6 fried eggs*

*4 slices of black pudding*

*6 hash browns*

*4 slices of toast*

*4 slices of fried bread*

*Baked beans*

*Fried tomatoes*

*Fried mushrooms*

*Chips*

*A 6-egg cheese and potato omelette*

*A bottomless carbonated drink*

(a) Explain **two** ways in which this promotion encourages unhealthy eating.

(4)

1

2

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(b) State **two** ways how the items on the Monster Breakfast are unhealthy.

(2)

1 .....

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2 .....

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(c) Give **two** benefits of eating a healthy breakfast each day.

(2)

1 .....

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2 .....

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**(Total for Question 11 = 8 marks)**

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**12** Chloe offered her staff professional information and services to help them give up smoking. The majority of staff have given up smoking.

Explain **two** ways how helping staff to give up smoking will benefit Chloe's company.

1 .....

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2 .....

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**(Total for Question 12 = 4 marks)**

**13** Bruce wants to put a children's play area in the garden of his pub.

Explain **two** health and safety issues Bruce must think about when he puts in the children's play area.

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2 .....

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**(Total for Question 13 = 4 marks)**

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**14** Joseph is the manager of The Orange Frog Hotel. He knows that his staff are not happy with their working conditions.

Explain **one** benefit to the business if working conditions for staff are improved.

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**(Total for Question 14 = 2 marks)**

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**(Total for Question 15 = 8 marks)**

**TOTAL FOR PAPER = 50 MARKS**





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