

# Mark Scheme (Pre-standardisation)

June 2016

NQF BTEC Level 1/Level 2 Firsts in  
Hospitality

Unit 9: How the Hospitality Industry  
Contributes to Healthy Lifestyles

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Question Number	Answer	Mark
1	<p>Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks:</p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Bread</li> <li>• Cereal products</li> <li>• Rice (accept types of rice)</li> <li>• Grains (accept examples of grains)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	<b>2</b>

Question Number	Answer	Mark
2	<p>Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks:</p> <ul style="list-style-type: none"> <li>• Improve health</li> <li>• Maintain health</li> <li>• Reduce the risk of developing illnesses or ill-health</li> <li>• Lengthen lifespan</li> <li>• Emotional wellbeing</li> </ul> <p><b>Accept any other appropriate response</b></p>	<b>2</b>

Question Number	Answer	Mark
3	<p>Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks:</p> <ul style="list-style-type: none"> <li>• Recovery and repair of the body</li> <li>• Support the immune system</li> <li>• Deal with stress</li> <li>• Lower blood pressure</li> <li>• Lower heart rate</li> <li>• Emotional wellbeing</li> </ul> <p><b>Accept any other appropriate response.</b></p>	<b>2</b>

Question Number	Answer	Mark
4a	A – Monitoring portion size	<b>1</b>

Question Number	Answer	Mark
4b	<p>Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks:</p> <ul style="list-style-type: none"> <li>• Social activities</li> <li>• Physical activities</li> <li>• Cultural activities</li> <li>• Hobbies/pastimes</li> <li>• Outings/Visits</li> </ul> <p><b>Only accept one example of each.</b></p>	<b>2</b>

Question Number	Answer	Mark
5a	C – Nuts E – Mackerel	<b>2</b>

Question Number	Answer	Mark
5b	<p>Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks:</p> <ul style="list-style-type: none"> <li>• Steamed</li> <li>• Baked</li> <li>• Grilled</li> <li>• Poached</li> </ul> <p><b>Accept any other appropriate response.</b></p>	<b>2</b>

Question Number	Answer	Mark
6	<p>Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks:</p> <ul style="list-style-type: none"> <li>• Baked crisps</li> <li>• Unsalted mixed nuts</li> <li>• Pumpkin and sunflower seeds</li> <li>• Pitta (and lower fat dips)</li> <li>• Vegetable crudités (with low fat cream cheese)</li> <li>• Homemade popcorn without sugar or salt</li> <li>• Unsalted rice cakes, oatcakes or corn cakes</li> </ul> <p><b>Accept any other appropriate response.</b></p>	<b>2</b>

Question Number	Answer	Mark
7	<p>Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks:</p> <ul style="list-style-type: none"> <li>• Pepper</li> <li>• Alcohol</li> <li>• Garlic</li> <li>• Onions</li> <li>• Herbs</li> <li>• Spices</li> </ul> <p><b>Accept any other appropriate response.</b></p>	<b>2</b>

Question Number	Answer	Mark
8	<p>Award <b>one</b> mark for any of the following:</p> <ul style="list-style-type: none"> <li>• Obesity</li> <li>• High blood pressure</li> <li>• Heart disease</li> <li>• Diabetes</li> </ul> <p><b>Accept any other appropriate response.</b></p>	<b>1</b>

Question Number	Answer	Mark
9	<p>Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks:</p> <ul style="list-style-type: none"> <li>• Good source of calcium</li> <li>• Helps to develop strong bones</li> <li>• Helps to develop strong teeth</li> <li>• Helps to resist body infections</li> <li>• Good for healthy skin</li> <li>• Good for healthy eyes</li> <li>• Boosts immune system</li> </ul> <p><b>Accept any other appropriate response</b></p>	<b>2</b>

Question Number	Answer	Mark
10	<p>Award <b>one</b> mark for identification and <b>one</b> additional mark for appropriate expansion up to a maximum of <b>four</b> marks:</p> <ul style="list-style-type: none"> <li>• A wide range of dishes offered (1) offering variety and the increased likelihood of dishes being chosen which are liked by the consumer/ensures all special diets are catered for/different textures available for those not able to swallow easily (1)</li> <li>• Dishes are devised by nutritionists, dieticians and chefs (1) to ensure appropriate nutritional value (1)</li> <li>• Meals are easily stored (1) thereby allowing meals to be taken at a time suitable to the consumer (1)</li> <li>• A variety of meal sizes/portion sizes are available (1) thereby catering to different appetites (1)</li> <li>• Cooking guidelines are displayed on the packaging (1) increasing the likelihood of meals being sufficiently cooked and hot (1)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	<b>4</b>

Question Number	Answer	Mark
11a	<p>Award <b>one</b> mark for identification and <b>one</b> additional mark for appropriate expansion up to a maximum of <b>four</b> marks:</p> <ul style="list-style-type: none"> <li>• Prizes/Challenge (1) encouraging people to eat too much food (1)</li> <li>• Time limit (1) encourages people to consume too much food in a given time for adequate digestion (1)</li> <li>• Disincentive of photo on the Wall of Shame /having to pay the cost of the meal (1) might encourage people to continue even if they feel ill (1)</li> <li>• Bottomless carbonated drink (1) encourages people to drink too much fizzy drink (1)</li> <li>• The discounted price for the second person (1) encourages more people to undertake the unhealthy challenge (1)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	<b>4</b>

Question Number	Answer	Mark
11b	<p>Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks:</p> <ul style="list-style-type: none"> <li>• Majority of the menu items are high in calories</li> <li>• Majority of the menu items are high in fat</li> <li>• Majority of the menu items are high in salt</li> <li>• Majority of the menu items are fried</li> <li>• Carbonated drinks are high in sugar</li> </ul> <p><b>Accept any other appropriate response.</b></p>	<b>2</b>

Question Number	Answer	Mark
11c	<p>Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks:</p> <ul style="list-style-type: none"> <li>• Increased likelihood of a better mood throughout the day</li> <li>• Increased energy throughout the day</li> <li>• Likely to maintain weight /weigh less/ have a slimmer waistline</li> <li>• Lowers risk of obesity</li> <li>• Lowers risk of high blood pressure</li> <li>• Lowers risk of (Type 2) diabetes</li> <li>• Lowers the risk of heart disease</li> <li>• Helps to lower cholesterol levels</li> <li>• Reduces the risk of unhealthy snacking during the day</li> </ul> <p><b>Accept any other appropriate response.</b></p>	<b>2</b>

Question Number	Answer	Mark
12	<p>Award <b>one</b> mark for identification and <b>one</b> additional mark for appropriate expansion up to a maximum of <b>four</b> marks:</p> <ul style="list-style-type: none"> <li>• Less absenteeism/sickness leave amongst the staff (1) resulting in decreased cover/sick pay costs (1)</li> <li>• Fewer smoking breaks (1) resulting in greater productivity and turnover/thereby avoiding non-smoking worker loss of morale (1)</li> <li>• Less cleaning up of cigarette butts (1) resulting in decreased costs/better working environment (1)</li> <li>• Less likelihood of smoking-related fires (1) resulting in safer working environment/ lower likelihood of major disruption/costs (1)</li> <li>• Greater loyalty from employees wishing to give up smoking (1) resulting in decreased staff turnover/associated recruitment costs (1)</li> <li>• Lack of smokers gathering outside the business (1) resulting in improved company image (1)</li> </ul> <p><b>Accept any other appropriate responses.</b></p>	<b>4</b>



Question Number	Answer	Mark
13	<p>Award <b>one</b> mark for identification and <b>one</b> additional mark for appropriate expansion up to a maximum of <b>four</b> marks:</p> <ul style="list-style-type: none"> <li>• The design and spacing of the equipment is appropriate (1) to ensure the playground meets regulations and it is suitable for use (1)</li> <li>• The surfacing is of a suitable material (1) to prevent injury from falls (1)</li> <li>• The equipment is properly installed and/or maintained (1) to ensure its safety/upkeep (1)</li> <li>• The equipment is only available to customers during opening times (1) to allow staff to monitor safe use(1)</li> <li>• Only those of the appropriate age use the play area (1) to ensure safety of children and maintenance of the equipment (1)</li> <li>• The play area is within easy view of parents and staff (1) to avoid security and safety problems (1)</li> <li>• Appropriate liability insurance is purchased and/or liability notices displayed (1) to ensure the pub is covered for litigation (1)</li> <li>• Ensure regular glass collection (1) to ensure there is no broken glass in the play area (1)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	<b>4</b>

Question Number	Answer	Mark
14	<p>Award <b>one</b> mark for identification and <b>one</b> additional mark for appropriate expansion up to a maximum of <b>two</b> marks:</p> <p>Improved training (1) which leads to staff efficiency and effectiveness (1)</p> <p>Improved working patterns (1) which can reduce sickness and absence (1)</p> <p>Improved communications/working relations/pay (1) which can result in improved staff loyalty and commitment (1)</p> <p><b>Accept any other appropriate response.</b></p>	<b>2</b>

Question Number	Indicative content	Mark
15	<p>Areas for discussion to consider:</p> <p>Products</p> <ul style="list-style-type: none"> <li>• Introducing/Highlighting healthy and appealing menus</li> <li>• Provide full information on the menus and drink lists relating to food and drink sources, nutritional and calorific values, identifying items suitable for certain diets</li> <li>• Conversion of the outbuilding into leisure facilities</li> <li>• Develop the parkland facilities</li> </ul> <p>Services</p> <ul style="list-style-type: none"> <li>• Spa</li> <li>• Massage</li> <li>• Therapy</li> <li>• Excursions</li> </ul> <p>Operational strategies</p> <ul style="list-style-type: none"> <li>• Reviewing existing and sourcing new suppliers to obtain new and healthier ingredients and commodities</li> <li>• Provide structured staff training before and during the changeover so that staff are aware of the new concepts, products and customers' needs so as to advise appropriately</li> <li>• Advertise the changes in the local and national media such as newspapers, magazines, local TV and radio to promote the new image and products</li> <li>• Promote the centre's location, environment, facilities and nearby amenities through its publicity material</li> <li>• Organise promotional breaks around the therapy room treatments, the use of the gymnasium, jogging and walking in the park, gastronomic weekends at the home and in nearby restaurants</li> </ul> <p>Other significant aspects should be considered and rewarded where appropriate.</p> <p><b>Accept any other appropriate response.</b></p>	8

<b>Level</b>	<b>Descriptor</b>
0 0 marks	No rewardable material.
1 1-3 marks	<p>A few factors identified <b>or</b> one factor described in limited detail.</p> <p>The answer is likely to be in the form of a list.</p> <p>Factors identified will be superficial/generic.</p> <p>Examples are not always relevant to the given context.</p>
2 4-6 marks	<p>One or more factors clearly described.</p> <p>Most of the factors will be relevant to the given context but the link will not always be clear.</p> <p>Most of the examples will be relevant to the given context.</p>
3 7-8 marks	<p>Range of factors described <b>or</b> a few factors explained in depth.</p> <p>The answer will be coherent and will have broken down some of the complex issues into intelligible parts.</p> <p>The majority of factors will be relevant and presented in a logical order.</p> <p>The examples will be relevant to the given context and will fully support the analysis.</p>

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