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Pearson BTEC Level 1/Level 2 First Certificate	Centre Number					Learner Registration Number				
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# Hospitality

## Unit 9: How the Hospitality Industry Contributes to Healthy Life Styles

Thursday 25 May 2017 – Afternoon <b>Time: 1 hour 15 mins</b>	Paper Reference <b>21617E</b>
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<b>You do not need any other materials.</b>	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 Identify **one** reason for eating a controlled amount of saturated and unsaturated fats in our diet.

- A To support the immune system
- B To assist with the repair of body tissue
- C To maintain mental awareness
- D To help to regulate fluids

(Total for Question 1 = 1 mark)

2 Michelle wants to eat healthily at home.

Give **two** ways Michelle can eat healthily at home.

1 .....

2 .....

(Total for Question 2 = 2 marks)

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3 State **one** possible health problem caused by having too much salt in your diet.

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(Total for Question 3 = 1 mark)

4 Shellfish is a type of food that may trigger allergies.

(a) Give **two** other foods that may trigger allergies.

(2)

1 .....

2 .....

(b) Identify **two** foods that should **not** be eaten by someone who is allergic to shellfish.

(2)

- A Scottish salmon fishcakes
- B Prawn cocktail
- C Smoked haddock omelette
- D Plaice goujons
- E Seafood paella

(Total for Question 4 = 4 marks)

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5 (a) Give **two** foods that are rich in Vitamin C.

(2)

- A** Blackcurrants
- B** Bananas
- C** Bread
- D** Broccoli
- E** Butter

(b) State **two** ways in which vitamins help to maintain a healthy body.

(2)

1 .....

2 .....

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

6 Dairy foods are one of the main food groups.

Give **two** other main food groups.

1 .....

2 .....

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

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7 State **two** major areas of government legislation and guidelines that need to be considered when running a restaurant.

1 .....

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2 .....

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(Total for Question 7 = 2 marks)

8 A delicatessen wants to encourage its customers to buy healthy food.

State **two** ways the delicatessen can promote healthy food at the point of sale.

1 .....

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2 .....

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(Total for Question 8 = 2 marks)

9 Patrick has decided to stop drinking alcohol for a month.

Give **two** possible health benefits for Patrick of **not** drinking any alcohol for a month.

1 .....

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2 .....

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(Total for Question 9 = 2 marks)

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10

Joan drinks the following each day:

Breakfast: a mug of tea with whole milk and 2 sugars and 2 large glasses of fruit juice

Mid-morning: a fruit smoothie

Lunch: a can of soft drink

Mid-afternoon: a hot chocolate with cream and 2 sugars

Dinner: two large glasses of wine

Give **two** ways Joan can change her drinking habits to help her lose weight.

1 .....

.....

2 .....

.....

**(Total for Question 10 = 2 marks)**

11 The owner of The Francis Arms Restaurant is aware that their customers like to make sure their food is sourced from local farmers and growers.

Give **two** reasons why using locally sourced food might appeal to customers of The Francis Arms Restaurant.

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2 .....

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**(Total for Question 11 = 2 marks)**

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12

Marcus is a 25-year-old fitness fanatic and is very careful about eating the correct diet for his level of physical activity.

Here are some examples of the types of foods that Marcus eats:

*Porridge made with milk and fruit*

*Wholegrain granary toast with peanut butter*

*Baked potatoes (with skins on) with tuna*

*Omelettes with vegetables*

*Lentil soup*

*Chilli con carne with lean mince, kidney beans, chopped tomatoes and brown rice*

*Wholemeal pasta with grilled chicken and vegetables*

*Fruit, 100% fruit juice, low fat fruit yoghurt, rye crispbread, unsalted nuts and seeds, fruit smoothies made with banana and milk*

Explain **two** ways this diet benefits Marcus.

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

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**13** In order to promote healthy lifestyles, The Puffing Dragon public house has decided to make its beer garden smoke-free.

Explain **two** ways this smoking ban can benefit The Puffing Dragon's business and its customers.

1 .....

2 .....

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

**14** Explain **one** advantage for a restaurant and its guests of training staff in the promotion of healthy menu choices.

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

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**15** William and Kate are local organic food producers.

Explain **two** kinds of events that could help William and Kate promote their local organic food.

1 .....

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2 .....

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**(Total for Question 15 = 4 marks)**

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**16** Giles MacDonald rents out his farm barns as basic accommodation for a few guests. These guests often rent the barns because they want to experience life outdoors as part of a healthy lifestyle.

Explain **two** ways Giles can expand his facilities and services to attract more guests who want a healthy lifestyle holiday.

1 .....

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2 .....

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**(Total for Question 16 = 4 marks)**

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