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Hospitality

Unit 9: How the Hospitality Industry Contributes to Healthy Lifestyles

Friday 19 January 2018 – Morning Time: 1 hour 15 mins	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 Minerals are an essential part of a healthy diet.

Name **two** minerals that are found in a healthy diet.

1

2

(Total for Question 1 = 2 marks)

2 Which **two** of these dishes are a main source of protein?

- A Lamb casserole
- B Stewed apples with custard
- C Vegetable stir-fry
- D Baked potatoes
- E Ham and cheese omelette

(Total for Question 2 = 2 marks)

3 (a) Give **one** reason why people might be on a healthy low-sugar diet.

(1)

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(b) Give **two** types of food that are high in sugar.

(2)

1

2

(Total for Question 3 = 3 marks)

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4 Many children have a vitamin D deficiency because they stay in their homes using technology instead of playing outside.

Name **two** types of food that contain vitamin D to help with this deficiency.

1

2

(Total for Question 4 = 2 marks)

5 Identify **two** reasons why people are becoming more interested in leading a healthy lifestyle.

- A To save money
- B To increase their lifespan
- C To support local hospitality businesses
- D To improve their emotional wellbeing
- E To increase supermarket profits

(Total for Question 5 = 2 marks)

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6 John enjoys the same Chinese takeaway three times a week – sweet and sour pork with special fried rice, and a pancake roll, accompanied by two cans of strong lager.

(a) Identify **two** reasons why the contents of this type of food are unhealthy.

(2)

1

2

(b) Give **two** types of health problems that could arise for John if he continues to consume the above diet regularly.

(2)

1

2

(Total for Question 6 = 4 marks)

7 The owner of a sandwich shop and delicatessen wants to design a menu for his packaged items to suit the current trends in healthy eating.

(a) Identify **one** associated concept that should be considered when purchasing the ingredients for this menu.

(1)

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(b) Identify **two** pieces of information that need to be shown on his packaging.

(2)

1

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Some of the delicatessen's healthier products are more expensive to produce than those that are less healthy. The owner has decided to lower the gross profit of these healthier products to sell them more cheaply.

- (c) Identify **two** possible advantages to the business of lowering the price of the healthier products.

(2)

1

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2

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(Total for Question 7 = 5 marks)

- 8** The food and drink served at a children's party include a brightly coloured birthday cake, pizza slices, candy floss, cheese sandwiches, prawn sandwiches, cola drinks and squash.

Give **two** reasons why this food could trigger an allergic reaction.

1

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2

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(Total for Question 8 = 2 marks)



9 A concierge should be trained to provide hotel guests with information on recreational activities or facilities within the hotel or nearby.

State **two** other types of information a concierge could provide to guests.

1

2

(Total for Question 9 = 2 marks)

10 People who work in the hospitality industry often start work early and finish late. They eat and drink snack foods on the move and drink strong coffee to keep alert.

Explain **one** kind of health-related problem that could occur in the future as a result of this lifestyle.

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(Total for Question 10 = 2 marks)

11 Gary wants to open a specialist vegan restaurant in a remote, medium-sized town.

Explain **two** ways in which the location may pose constraints on his restaurant.

1

2

(Total for Question 11 = 4 marks)

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12 The Mereside Hotel is concerned that their kitchen staff are at risk of heat exhaustion during their busy shifts in the hot summer months.

Explain **two** things that the hotel can do to minimise the likelihood of heat exhaustion.

1

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2

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(Total for Question 12 = 4 marks)

13 A delivery driver for a fast food outlet is employed on a zero hour contract.

(a) Explain **one** way in which a zero hour contract would be of benefit to employees. (2)

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(b) Explain **one** way in which a zero hour contract might be bad for their health. (2)

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(Total for Question 13 = 4 marks)



14 Explain **two** reasons why many hospitals prefer to provide regenerated foods to patients.

1

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(Total for Question 14 = 4 marks)

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