



Mark Scheme (Standardised)

January 2018

NQF BTEC Level 1/Level 2 Firsts in
Hospitality

Unit 9: How the Hospitality Industry
Contributes to Healthy Lifestyles

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BTEC Next Generation Mark Scheme Template

Question Number	Answer	Mark
1	<p>Award one mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> • Iron • Calcium • Potassium • Zinc • Sodium • Iodine 	2

Question Number	Answer	Mark
2	<p>A – Lamb casserole E – Ham and cheese omelette</p>	2

Question Number	Answer	Mark
3a	<p>Award one mark for any of the following:</p> <ul style="list-style-type: none"> • Overweight • Obese • Depleted in vitamins • Suffering tooth decay • Diabetes <p>Accept any other valid response.</p>	1

Question Number	Answer	Mark
3b	<p>Award one mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> • Chocolates • Sweets • Biscuits • Cakes • Pastries • Jams • Sweetened / Carbonated drinks <p>Do not accept brand names.</p>	2

Question Number	Answer	Mark
4	<p>Award one mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> • Oily fish • Red meat • Offal • Egg • Fortified foods such as fat spreads / breakfast cereals <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
5	<p>B – To increase their lifespan D – To improve their emotional wellbeing</p>	2

Question Number	Answer	Mark
6a	<p>Award one mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> • High in fat • High in sugar • High in alcohol • High in salt • Possible presence of MSG and artificial colouring • low in fresh fruit and vegetables 	2

Question Number	Answer	Mark
6b	<p>Award one mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> • Becoming overweight • Obesity • Malnutrition • High blood pressure • Stroke • Heart disease • High cholesterol • Increased risk of accidents • Increased long-term, alcohol-related health risks <p>Accept any other valid response.</p>	2

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Question Number	Answer	Mark
7	Award one mark for any of the following: <ul style="list-style-type: none"> • Organic • Locally-sourced • Free-range 	1

Question Number	Answer	Mark
7b	Award one mark for any of the following up to a maximum of two marks: <ul style="list-style-type: none"> • The name of the food • The weight or volume • A list of ingredients – in order of weight / allergens • Dietary information • A use-by or best-before date • Guidance on preparation / storage <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
7c	Award one mark for any of the following up to a maximum of two marks: <ul style="list-style-type: none"> • He attracts more customers to his business • He sells more of the healthier products • The customers buy more of the other products on offer • His amount of turnover increases • His amount of gross profit increases <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
8	<p>Award one mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> • Artificial colourings • Artificial flavourings • Cheese is a dairy product • Prawns are shellfish • Bread contains gluten <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
9	<p>Award one mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> • Where to eat / drink • Where to run, walk, swim • Where to rent a bicycle • What to see and do – tourist and cultural attractions • Where to get a haircut, beauty treatment • Where to shop • Where to find a pharmacy • Where to find medical care • Hotel services • Information on transport services <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
10	<p>Award one mark for identification and one additional mark for appropriate expansion up to a maximum of two marks.</p> <p>Long working hours leads to insufficient rest and relaxation (1) and may result in problems with the immune system / high blood pressure / heart disease (1)</p> <p>High levels of caffeine can lead to lack of sleep or a poor sleep pattern (1) and may result in problems with the immune system / high blood pressure / heart disease (1)</p> <p>High-pressured jobs can be stressful (1) and may result in problems with the immune system / high blood pressure / heart disease (1)</p> <p>Lack of a regular eating pattern / poor diet (1) may result in weight gain / obesity / diabetes /</p>	2

	<p>poor digestion / malnutrition / high blood pressure / stroke / heart disease / (1)</p> <p>Accept any other valid response.</p>	
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Question Number	Answer	Mark
11	<p>Award one mark for identification and one additional mark for appropriate expansion up to a maximum of four marks.</p> <p>It may be difficult to obtain the necessary specialist ingredients (1) leading to the need for effective forward planning / careful consideration of the dishes contained on the menu (1)</p> <p>The local labour force may be limited in number and necessary skills (1) leading to the need to undertake effective recruitment procedures and implement the appropriate training (1)</p> <p>The increased costs of obtaining supplies, recruitment costs and training costs (1) will impact on the business's profitability (1)</p> <p>Limited number of customers (1) as they may not wish to travel too far / transport may be an issue / there is insufficient demand / perception of high cost (1)</p>	4

Question Number	Answer	Mark
12	<p>Award one mark for identification and one additional mark for appropriate expansion.</p> <p>Maximise ventilation (1) thus not allowing the kitchen to become too hot, allows the staff to breathe adequately and remain comfortable (1)</p> <p>Ensure sufficient breaks in a cool rest room environment (1) stops physical activity, enables relaxation and recovery, eases stress, and decreases the body temperature (1)</p> <p>Provide ample fluids (1) cools and facilitates rehydration (1)</p>	4

	<p>Provide a light, cotton, loose-fitting uniform (1) allows the body to sweat and for the sweat to evaporate, thereby cooling the body (1)</p> <p>Provide meals that contain salad, fruit and other foods with a high water content (1) to facilitate rehydration (1)</p> <p>Ensure staff have access to cool shower facilities (1) which decreases the body temperature, increases circulation and alertness, and eases stress (1)</p> <p>Accept any other valid response.</p>	
Question Number	Answer	Mark
13a	<p>Award one mark for identification and one additional mark for appropriate expansion up to a maximum of two marks.</p> <p>The ability to plan a better work-life balance (1) allows for rest and relaxation and a sense of wellbeing</p> <p>The flexibility of hours that may be worked (1) allows other commitments and responsibilities to be addressed that can lead to less stress-related illnesses (1)</p> <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
13b	<p>Award one mark for identification and one additional mark for appropriate expansion up to a maximum of two marks.</p> <p>Being unable to plan ahead financially or worrying about the low level of work offered / uncertainty (1) leads to stress and associated illnesses (1)</p> <p>Inability to plan family and social life effectively (1) may lead to isolation, depression and associated illnesses (1)</p> <p>Feeling obliged to work long and irregular hours (1) may lead to exhaustion, poor eating habits or sleep deprivation and associated illness (1)</p> <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
14	<p>Award one mark for identification and one additional mark for appropriate expansion up to a maximum of four marks.</p> <p>Less kitchen space (1) frees up space for other activities (1)</p> <p>The lack of need for a variety of different pieces of kitchen equipment (1) cuts down on capital, maintenance and fuel costs (1)</p> <p>Fewer staff / less skilled staff (1) cuts down on labour and associated training costs (1)</p> <p>The range of dishes available may be expanded (1) thereby offering greater choice and accommodating a wide range of dietary requirements (1)</p> <p>Ease of storage and regeneration of the dishes (1) allows greater choice and the accommodation of a wide range of dietary requirements at shorter notice / effective feeding of increasingly large numbers of patients in large hospitals (1)</p> <p>Less risk of contamination / food poisoning (1) owing to use of sealed units / less contact (1)</p> <p>Accept any other valid response.</p>	4

Question Number	Indicative content	Mark
15	<p>Displaying menus with healthier options highlighted</p> <p>Identifying the calorie content against each dish on the menu or drinks on the list</p> <p>Identifying the dishes and drinks that are suitable for a range of diets</p> <p>Identifying the dishes and drinks that contain ingredients that may trigger allergic reactions</p> <p>Listing all dishes' nutritional values</p> <p>Listing all sources of produce and ingredients</p> <p>Promoting any daily, weekly, monthly, seasonal healthy dishes and drinks</p>	8

	<p>Highlighting special offers / deals on healthy dishes and drinks</p> <p>Offering vouchers / codes that give customers a discount or offer on healthy dishes and drinks</p> <p>Communicating a blog, video or newsletter, or a chat facility concerning the healthy dishes and drinks, sources of products and ingredients, methods of cooking or production</p> <p>Highlighting all the associations and schemes to which the business belongs that are related to healthy eating and drinking and quality-assured products and ingredients</p> <p>Highlighting all awards or certificates that have been acquired as a result of the business's concern with healthy eating and drinking and quality assurance of products and ingredients</p> <p>Provide a menu planning tool that customers may use to plan meals and associated drinks that may identify any potential allergens, calculate calorific value and suitability for a range of diets</p> <p>Accessible to a wider range of potential customers</p> <p>Instant marketing to attract customers</p> <p>Increased average spend</p> <p>Repeat business</p> <p>Improve gross profits</p> <p>Improved reputation</p>	
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Level	Descriptor
0 0 marks	No rewardable material.
1 1-3 marks	A few key points identified, or one point described in some detail. The answer is likely to be in the form of a list. Points made will be superficial / generic and not applied / directly linked to the situation in the question.
2 4-6 marks	Some points identified, or a few key points described. The answer is unbalanced. Most points made will be relevant to the situation in the question, but the link will not always be clear.
3 7-8 marks	Range of points described, or a few key points explained in depth. The majority of points made will be relevant and there will be a clear link to the situation in the question.

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