

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

Monday 21 May 2018 – Morning

**Time: 1 hour 15 mins**

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.

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 (a) Which **two** of the following foods are useful and nutritious sources of fat in our diet?

(2)

- A Salmon
- B Ice cream
- C Bread
- D Broccoli
- E Avocado pears

(b) Give **two** reasons why we need to include some fat in a healthy diet.

(2)

1 .....  
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2 .....  
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(Total for Question 1 = 4 marks)

2 Which **two** of the following are the healthiest ways to cook potatoes?

- A Roasting
- B Steaming
- C Baking
- D Deep-frying
- E Boiling

(Total for Question 2 = 2 marks)

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3 As people get older their appetite often decreases. This can lead to deficiencies in their diet.

Complete the following table.

Deficiency	List <b>two</b> good food sources for each item	Give <b>one</b> possible health problem caused by a deficiency in each item
Fibre		
Calcium		

(Total for Question 3 = 6 marks)

4 David is concerned that the staff in the reservations department of his hotel spend most of the day sitting down. He wants to encourage them to be more active.

Give **two** ways David could support his staff to be more active during their working day.

- 1 .....
- 2 .....

(Total for Question 4 = 2 marks)



5 Bethany has been following a fad diet for the last year, which contains a restricted range of fast releasing carbohydrates and protein in small portions.

(a) Give **two** reasons why this diet might be unhealthy.

(2)

1 .....

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2 .....

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(b) State **two** health problems that can be caused by following such a fad diet.

(2)

1 .....

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2 .....

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

6 Daniel is on a gluten-free diet.

Explain **one** way in which Daniel could check whether a restaurant is able to serve him a gluten-free meal.

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

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7 Staff on duty in a care home during the day serve the residents their meals so are unable to eat at traditional mealtimes themselves. Staff on duty during the night often work through their shift without eating anything.

(a) Give **two** ways staff can eat healthily while at work.

(2)

1 .....

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2 .....

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(b) The manager of the care home has invested in vending machines to provide staff with their meals.

Explain **two** ways in which vending machines can provide staff with healthy meals.

(4)

1 .....

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**(Total for Question 7 = 6 marks)**

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8 The Sand Dunes Hotel has large, well-maintained gardens. The owners of the hotel feel the gardens have huge potential in attracting customers who wish to recover after a recent upset or illness.

(a) Give **two** ways that rest and relaxation can help people to recover from upset or illness.

(2)

1 .....

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2 .....

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(b) Explain **two** ways in which the owners of The Sand Dunes Hotel can develop their gardens to improve their customers' recovery and health.

(4)

1 .....

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2 .....

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(c) Explain **one** constraint that the owners of The Sand Dunes Hotel could face when implementing their plans.

(2)

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

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**9** Food service staff need to be aware of the ingredients used in food products to meet the needs of customers.

Explain **two** other reasons why this is important.

1 .....

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2 .....

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**(Total for Question 9 = 4 marks)**

**10** Alternatives to meat such as tofu and vegetable protein are becoming increasingly popular in some restaurants as they are seen as being healthy.

Explain **two** other reasons why alternatives to meat are becoming more popular.

1 .....

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2 .....

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

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**11** Business travellers are a very important target market for many hotels. It can be difficult for business travellers to maintain a healthy lifestyle.

Discuss what hospitality managers could do to assist with the wellbeing of the business traveller.

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

**TOTAL FOR PAPER = 50 MARKS**

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