



Pearson



# Mark Scheme Results

June 2018

NQF BTEC Level 1/Level 2 Firsts in  
Hospitality

Unit 9: How the Hospitality Industry  
Contributes to Healthy Lifestyles

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|--|---|--|
|  | <p>Osteoporosis – brittle bones<br/> Coarse hair, brittle bones, brittle nails,<br/> Dry skin<br/> Tooth decay</p> <p><b>Accept any other valid response.</b></p> |  |
|--|---|--|

| Question Number | Answer   | Mark |
|-----------------|--|------|
| 4               | <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>• Encourage the staff to take the stairs instead of the lift</li> <li>• Provide alternate work stations to encompass sitting and standing.</li> <li>• Provide staff with mobile phones/tablets to walk around while on the telephone</li> <li>• Encourage the staff to take a walk break every time they take a coffee break</li> <li>• Encourage the staff to walk to a co-worker’s desk instead of emailing or telephoning</li> <li>• Subsidised gym membership/use hotel facilities</li> <li>• Introduce a “step challenge scheme” within the office</li> </ul> | 2    |

| Question Number | Answer   | Mark |
|-----------------|--|------|
| 5a              | <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>• Eating the wrong amounts of food</li> <li>• Eating the wrong types of food</li> <li>• Not eating a balanced/nutritious diet</li> <li>• Lack of nutrients/fibre/vitamins/minerals</li> <li>• Disregarding the recommended daily calorie intake</li> </ul> | 2    |

| 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>• Malnutrition</li> <li>• Developing an eating disorder</li> </ul> | 2    |

|  |   |  |
|--|---|--|
|  | <ul style="list-style-type: none"> <li>• Mental health/social issues</li> <li>• Tooth decay</li> <li>• Rickets</li> <li>• Scurvy</li> <li>• Brittle bones</li> <li>• Skin/hair/nail issues</li> <li>• Stunted/impaired growth</li> </ul> <p><b>Accept any other valid response.</b></p> |  |
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| Question Number | Answer   | Mark |
|-----------------|--|------|
| 6               | <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>Look for the GF symbol displayed on menus and in the windows of accredited venues (1) as this will tell you that the dish is gluten-free (1)</p> <p>Look for allergen information in written or oral formats within the restaurant (1) as this will provide any information on any allergens, including gluten, in all the dishes served (1)</p> <p>Phone beforehand to talk to the restaurant /refer to the website (1) to see if they can offer alternative options (1)</p> | 2    |

| Question Number | Answer  | Mark |
|-----------------|---|------|
| 7a              | <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>• Eating at regular times</li> <li>• Eating correct portion size</li> <li>• Eating meals within the given nutritional guidelines</li> <li>• Staff bring in their own healthy snacks/meals</li> </ul> <p><b>Accept any other valid response.</b></p> | 2    |

| Question Number | Answer | Mark |
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|----|---|---|
| 7b | <p>Award <b>one</b> mark for any of the following up to a maximum of <b>four</b> marks:</p> <p>Staff can access the machines at any time of the day or night (1) allowing them to take their meal or snack at a time suitable to themselves or their work demands / so combatting missed meals, delayed or infrequent eating (1)</p> <p>Excellent portion control (1) ensures that the right amount of food may be consumed (1)</p> <p>Food on offer is hygienic (1) as meals can be packaged or wrapped appropriately (1)</p> <p>Food is more likely to be at the correct temperature (1) as guidelines for heating may be identified on the packaging or wrapping (1)</p> <p>Food is stored at the appropriate temperature (1) thereby avoiding deterioration or the risk of food poisoning (1)</p> <p>Food is more likely to be fresh (1) as the meals may be dated and stock rotated appropriately (1)</p> <p><b>Accept any other valid response.</b></p> | 4 |
|----|---|---|

| Question Number | Answer   | Mark |
|-----------------|--|------|
| 8a              | <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>• Assists with the recovery and repair of the body</li> <li>• Supports the immune system</li> <li>• Helps to deal with stress</li> <li>• Lowers blood pressure/heart rate</li> <li>• Improve physical wellbeing</li> <li>• Improve mental wellbeing</li> <li>• As gardens are outside people are able to soak up ambience</li> </ul> | 2    |

| Question Number | Answer  | Mark |
|-----------------|---|------|
| 8b              | 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. | 4    |

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|  | <p>Encourage sitting in the garden (1) to promote a greater sense of emotional wellbeing / relaxing of the mind / reducing stress level (1)</p> <p>Encourage walking in the garden (1) to promote physical activity (1)</p> <p>Introduce an outdoor gym (1) to promote exercise (1)</p> <p>Encourage groups of residents to meet and spend time together (e.g. teas, fetes, group activities) in the gardens (1) to promote social inclusion, for social activity and developing friendships (1)</p> <p>Encourage residents to undertake gardening jobs (1) reduce stress levels and promote relaxation / to provide stimulation and interest (1)</p> <p>Provide gardening information / talks / activities (1) that allow residents to learn / reason / discover / understand / share understanding about the outdoor environment, to provide stimulation and interest (1)</p> <p>Encourage residents to come up with ideas for new foods and ways to grow them (1) to develop new skills and knowledge such as creativity and nutrition for stimulation and interest (1)</p> <p>Promote sensory gardens (1) to promote sensory improvement (sight, smell, touch, taste, sound) (1)</p> <p><b>Accept any other valid response.</b></p> |  |
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| Question Number | Answer   | Mark |
|-----------------|--|------|
| 8c              | <p>Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks:</p> <p>Legislative constraint (1) to ensure compliance with health and safety / planning regulations and requirements (1)</p> <p>Financial costs (1) creating the gardens / compliance with legislation / recruiting, training and/or updating staff / upkeep and maintenance (1)</p> | 2    |

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|  | Staffing (1) owing to availability of sufficient staff / availability of staff with the correct skills, knowledge and experience (1)<br><br><b>Accept any other valid response.</b> |  |
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| Question Number | Answer  | Mark |
|-----------------|---|------|
| 9               | 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.<br><br>To inform the customers (1) to allow the lifestyle choices to be made (1)<br><br>To inform the customers (1) to deliver a professional service (1)<br><br>To make the customer aware of special dietary requirements (1) vegan/religion/lifestyle (1)<br><br>To make the customer aware of allergens (1) 14 listed allergens (1)<br><br>Method of cooking (1) content / ingredients / recipes (1)<br><br><b>Accept any other valid response.</b> | 4    |

| Question Number | Answer  | Mark |
|-----------------|---|------|
| 10              | 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.<br><br>Many are lower in saturated fat / sometimes higher in omega 3 fatty acids (1) which decreases the likelihood of heart disease, high cholesterol, becoming overweight and obesity / assists in preventing heart disease, high cholesterol, high blood pressure strokes (1)<br><br>Many are higher in protein (1) to assist the growth and repair of body tissue (1)<br><br>Many are higher in certain vitamins (1) for fighting infections, formation of new cells and promoting healthy bones and teeth (1)<br><br>Many are higher in certain minerals (1) that are beneficial in regulating body fluids, essential for healthy bones and teeth, creation of red blood cells and absorbing nutrients (1) | 4    |



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|  | <p>People have environmental concerns (1) global warming, water shortages, less available farmland, destruction of forests (1)</p> <p>Lifestyle choice (1) trends / fashion / ethics / religious (1)</p> <p>Niche markets becoming more mainstream (1) including world dishes that are seen as healthier options / exposure to world foods (1)</p> <p>Greater awareness through information in the media (1) benefits of meat alternatives identified / products more accessible (1)</p> <p>Cheaper alternative to meat (1) so more affordable.</p> <p><b>Accept any other valid response.</b></p> |  |
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| Question Number | Indicative content  | Mark |
|-----------------|---|------|
| 11              | <p>Working bedroom</p> <ul style="list-style-type: none"> <li>• Plenty of well-positioned plug sockets and provision of charging cable/s for charging electric devices and mobile phone</li> <li>• Free, effective, high speed, internet / wi-fi, easily accessible and with no interruptions</li> <li>• Lighting – a range of lamps and main lights that allow the brightness level to be turned up and down as required. Desk lights for working in the room to avoid eye strain when viewing the computer screen</li> <li>• Easily adjustable and silent heating and air conditioning units for comfortable climate</li> <li>• Interactive TV services for news headlines, broadcast TV and film channels, and interactive services</li> <li>• A minibar for healthy snacks and drinks at all times</li> <li>• A healthy room service menu with effective room service</li> <li>• Soft towels and a decent bath or walk-in shower</li> <li>• Comfortable furniture</li> <li>• Comfortable bed, blackout curtains, soundproof room</li> </ul> <p>Leisure facilities</p> <ul style="list-style-type: none"> <li>• Spa</li> </ul> | 8    |

|                |  |  |
|----------------|--|--|
|                | <ul style="list-style-type: none"> <li>• Swimming pool</li> <li>• Gym</li> <li>• Beauty treatments</li> </ul> <p>Restaurant</p> <ul style="list-style-type: none"> <li>• Varied menu</li> <li>• Healthy options</li> <li>• Seating arrangements</li> <li>• Flexible dining</li> </ul> <p>Early check in and late check out</p> <p>Availability of business centres</p> <ul style="list-style-type: none"> <li>• Printing</li> <li>• Faxing</li> <li>• Emailing</li> </ul> <p>Concierge and portorage services</p> <ul style="list-style-type: none"> <li>• Help with luggage</li> <li>• Storage</li> <li>• Taxis</li> <li>• Recommendations for entertainment and leisure</li> </ul> |  |
| <b>Level</b>   | <b>Descriptor</b>  |  |
| 0<br>0 marks   | No rewardable material   |  |
| 1<br>1-3 marks | A few key points identified, <b>or</b> one point described in some detail.<br>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<br>4-6 marks | Some points identified, <b>or</b> 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<br>7-8 marks | Range of points described, <b>or</b> a few key points explained in depth.<br>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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