

Please check the examination details below before entering your candidate information

Candidate surname

Other names

**Pearson BTEC  
Level 1/Level 2  
First Certificate**

Centre Number

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Learner Registration Number

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**Thursday 17 January 2019**

Morning (Time: 1 hour 15 minutes)

Paper Reference **21617E**

**Hospitality**

**Unit 9: How the Hospitality Industry Contributes  
to Healthy Lifestyles**

**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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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 ☒.

Answer ALL questions.

1 Which mineral helps to promote healthy bone growth?

- A Zinc
- B Iodine
- C Calcium
- D Iron

(Total for Question 1 = 1 mark)

2 Which **one** of these is a common allergen?

- A Meat
- B Vegetables
- C Fish
- D Shellfish

(Total for Question 2 = 1 mark)

3 Carbohydrate is essential to health.

State **one** healthy source of carbohydrate.

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(Total for Question 3 = 1 mark)

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4 State what the 'eatwell plate' helps people to do.

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(Total for Question 4 = 1 mark)

5 A lack of vitamin C in a diet can lead to tiredness and depression.

Name **two** foods that are high in vitamin C.

1 .....

.....

2 .....

.....

(Total for Question 5 = 2 marks)

6 (a) Give **one** reason why people might be on a low-salt diet.

(1)

.....  
.....

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

(2)

1 .....

.....

2 .....

.....

(Total for Question 6 = 3 marks)



7 Deep-frying is an unhealthy cooking method.

Give **two** healthy cooking methods.

1 .....

2 .....

(Total for Question 7 = 2 marks)

8 A delicatessen has started to offer customers snack pots containing high-protein food.

(a) Give **two** reasons why high-protein foods are considered healthy.

(2)

1 .....

2 .....

(b) Give **two** examples of high-protein foods.

(2)

1 .....

2 .....

(Total for Question 8 = 4 marks)

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9 Emily goes to the pub every evening after work. She always drinks two or three large glasses of wine.

(a) State why consumption of alcohol increases the risk of accidents.

(1)

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(b) Give **two** ways that Emily can reduce her weekly alcohol consumption.

(2)

1 .....

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2 .....

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(c) Give **two** health problems that Emily may develop if she does not reduce her alcohol consumption.

(2)

1 .....

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2 .....

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**(Total for Question 9 = 5 marks)**

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**10** Jane is responsible for ensuring the residents of a care home maintain a healthy weight and good mental health. To help to do this she wants to introduce a programme of activities.

Give **two** different types of activity that Jane could introduce.

1 .....

2 .....

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

**11** A primary school wants to make sure that all its children eat a healthy breakfast, so it has a breakfast club every day.

Give **two** benefits for children of eating a healthy breakfast.

1 .....

2 .....

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

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**12** Georgie's Bistro is a medium-priced local restaurant. It has had the same owners and staff for many years.

The bistro was recently sold, but the staff kept their jobs. The new owner wants all of the dishes on the menu to be produced from scratch using fresh ingredients. The bistro will be branded as a healthy eating venue.

(a) Explain **one** staffing issue there might be for the owner because of the plan.

(2)

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(b) Explain **one** negative financial impact of this plan on the business.

(2)

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(c) Explain **one** way that using fresh ingredients means that the bistro can promote itself as a healthy eating venue.

(2)

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**(Total for Question 12 = 6 marks)**

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**13** A popular vegetarian restaurant is renting a stall at a local food festival. The restaurant wants to make the stall look different from all the other stalls so that people notice it.

Explain **two** ways the restaurant can make the stall look different from the other stalls.

1 .....

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2 .....

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

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**14** A hotel company has decided to offer a benefits package to staff. The package includes free membership to a health club and a 10% discount at a local health food store.

Explain **two** ways that providing this package to staff will help to improve their wellbeing.

1 .....

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2 .....

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**(Total for Question 14 = 4 marks)**

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**15** A care home for elderly residents needs to be careful when designing a new menu so that the menu meets the needs of the residents.

Explain **two** issues the care home must consider when designing the new menu for the residents.

1 .....

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2 .....

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

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