



Mark Scheme (Results)

June 2019

NQF BTEC Level 1/Level 2 Firsts in
Hospitality

Unit 9: How the Hospitality Industry
Contributes to Healthy Lifestyles

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Question Number	Answer	Mark
1	C - poaching	1

Question Number	Answer	Mark
2	<p>Award one mark for any of the following:</p> <ul style="list-style-type: none"> • Eat smaller portions of food • Eat a better-balanced diet • Maintain healthy eating patterns • Undertake greater physical activity <p>Accept any other valid response.</p>	1

Question Number	Answer	Mark
3	<p>Award one mark for any of the following:</p> <ul style="list-style-type: none"> • Helps with the repair / recovery of the body • Supports the immune system • Helps reduce stress • Lowers blood pressure • Lowers heart rate <p>Accept any other valid response.</p>	1

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"> • High blood pressure • Stroke • Heart disease • Becoming overweight • Obesity • Vitamin depletion • High cholesterol <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
5	<p>Award one mark for any of the following:</p> <ul style="list-style-type: none"> • Artificial colouring • Artificial flavouring • Chemical preservative <p>Accept any other valid response.</p>	1

Question Number	Answer	Mark
6	<p>Award one mark for any of the following:</p> <ul style="list-style-type: none"> • Provide transport home • Provide accommodation • Provide meals • Shift allowance <p>Accept any other valid response.</p>	1

Question Number	Answer	Mark
7	<p>Award one mark for any of the following:</p> <ul style="list-style-type: none"> • Leaflets • Posters • Chalk board • Verbally inform them <p>Accept any other valid response.</p>	1

Question Number	Answer	Mark
8	<p>Award one mark for any of the following:</p> <ul style="list-style-type: none"> • Iron • Zinc • Calcium • Potassium • Sodium • Iodine <p>Accept any other valid response.</p>	1

Question Number	Answer	Mark
9a	<p>Award one mark for any of the following, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Feeling thirsty • Dry mouth, lips and eyes • Headaches • Tiredness • Dizziness • Poor digestion • Poor skin condition • Poor concentration/alertness/thinking • Dark yellow and strong-smelling urine <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
9b	<p>Award one mark for any of the following, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Fruit • Vegetables • Smoothies • Milk / milk-based products • Jellies <p>Accept named fruit and vegetables.</p>	2

Question Number	Answer	Mark
10	<p>Award one mark for any of the following, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Ingredients • Fat content • Calorie content • Sugar content • Salt content • Traffic light (RAG) system • Allergy information <p>Do not accept lifestyle choices or dietary requirements.</p>	2

Question Number	Answer	Mark
11	<p>Award one mark for any of the following:</p> <ul style="list-style-type: none"> • Offer fruit • Introduce a salad bar • Fried foods once a week (Friday) • Increase vegetarian options • Only sell healthy options in vending machines • Do not sell sugary fizz drinks • Offer breakfast <p>Accept any other valid response.</p>	1

Question Number	Answer	Mark
12	<p>Award one mark for any of the following:</p> <ul style="list-style-type: none"> • Smaller flocks • Hens have more space • No beak trimming allowed. • Free to roam <p>Accept any other valid response.</p>	1

Question Number	Answer	Mark
13	<p>Award one mark for any of the following, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Higher prices for commodities • Lower profit margins • Customers not interested/concerned • Customers not willing to pay the higher price • Reliable supplies/availability <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 two marks.</p> <ul style="list-style-type: none"> • Social interaction (1) for mental/emotional wellbeing (1) • Nutritionally-balanced meal (1) ensuring physical wellbeing (1) • Undertaking a range of activities (1) provides mental stimulation (1) • Exercise (1) keeping physically fit (1) • Specialist advice (1) support with individual lifestyle needs (1) <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
15	<p>Award one mark for any of the following:</p> <ul style="list-style-type: none"> • Often highly processed / long list of artificial ingredients • Often high in fat • Often high in salt • Often high in calories • Often low in fibre/nutrients/protein <p>Accept any other valid response.</p>	1

Question Number	Answer	Mark
16a	<p>Award one mark for any of the following, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Fewer trained / cheaper staff (1) • Less capital equipment / maintenance needed (1) • Less kitchen space needed (1) • Ease of storing / preparing (1) <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
16b	<p>Award one mark for identification and one additional mark for appropriate expansion, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Wider choices (1) meet dietary needs/lifestyle choices (1) • Allows meals at any time (1) due to ease of preparation (1) • Nutritionally balanced (1) to meet their medical requirements (1) • Portion control (1) to meet individual needs (1) <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
17a	<p>Award one mark for any of the following, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Introduce a phased return to work • Change rotas • Allow her to work from home when possible • Provide time and facilities for relaxation while at work <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
17b	<p>Award one mark for identification and one additional mark for appropriate expansion, up to a maximum of four marks.</p> <ul style="list-style-type: none"> • Staff are likely to be better motivated (1) because they feel valued by the hotel (1) • If Gillian is allowed to work from home her productivity is likely to improve (1) due to working in a more suitable environment (1) • Staff are likely to remain loyal/increase their loyalty and commitment to the hotel (1) thereby avoiding selection, recruitment and training costs (1) • Staff are less likely to be sick and absent again (1) thereby preventing sickness payments/extra labour costs for replacement (1) • The hotel's reputation will be enhanced (1) increasing business and profits/being attractive for potential employees (1) <p>Accept any other valid response.</p>	4

Question Number	Answer	Mark
18a	<p>Award one mark for identification and one additional mark for appropriate expansion, up to a maximum of four marks.</p> <ul style="list-style-type: none"> • Campsites promote outdoor activities (1) increasing exercise and fitness benefits (1) • Being away from your normal busy lifestyle (1) promotes good mental health and wellbeing (1) • Campsites promote team working / encourage communal cooking and eating (1) promoting social interaction and emotional wellbeing (1) • Promotes being in the fresh air/sunshine (1) less pollution/ increases exposure to vitamin D (1) 	4

	Accept any other valid response.	
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Question Number	Answer	Mark
18b	<p>Award one mark for identification and one additional mark for appropriate expansion, up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Campsites do not charge high accommodation rates (1) / so have financial constraints / and are not able to afford the same level of investment or staffing (1) • Campsites are targeting schools/colleges/youth groups with limited budgets (1) so have to provide the facilities and services that match the price willing to be paid (1) • Campsites are often self-catering (1) so there is a need to provide cooking facilities (1) • Communal facilities such as shower blocks and toilets have heavy use (1) so need to be accessible for frequent cleaning and maintenance (1) <p>Accept any other valid response.</p>	2

Question Number	Answer	Mark
19	<p data-bbox="488 264 1150 353">Award one mark for identification and one additional mark for appropriate expansion, up to a maximum of four marks.</p> <ul data-bbox="536 394 1150 909" style="list-style-type: none"><li data-bbox="536 394 1150 461">• Sugar contains empty calories (1) with no nutritional value (1)<li data-bbox="536 461 1150 562">• Too much sugar consumption leads to being overweight (1) due to increase in calories (1)<li data-bbox="536 562 1150 629">• Too much sugar causes hyperactivity (1) due to the increase of excess energy (1)<li data-bbox="536 629 1150 696">• Too much sugar causes tooth decay (1) due to high acidity within the sugar (1)<li data-bbox="536 696 1150 808">• Too much sugar leads to diabetes (1) due to sugar being a trigger food for diabetes (1)<li data-bbox="536 808 1150 909">• Too much sugar results in vitamin depletion (1) destroys fat-soluble vitamins (1) <p data-bbox="488 969 927 1003">Accept any other valid response.</p>	4

Question Number	Indicative content	Mark
20	<p>Marketing and advertising materials</p> <ul style="list-style-type: none"> • Social media • Websites • In-house advertising • Sponsorship • Flyers/posters <p>Responsible promotion</p> <ul style="list-style-type: none"> • Offer meal deals linked to low alcohol drinks and healthy meals • Unlimited sugar free soft drinks • Buy one get one free promotions on soft and low alcohol drinks • Happy hour on non-alcoholic drinks • Discounted soft drinks for drivers <p>Healthier menu options</p> <ul style="list-style-type: none"> • Offer healthier meals at a discounted price, or lower the price • Healthy menu items listed first on the menus • Specials board detailing healthy options • Calories listed on menus • Family-friendly, healthy menus • Kids eat free offers linked to purchasing healthy food items • Healthier range of snacks 	8
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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