

Please check the examination details below before entering your candidate information

Candidate surname

Other names

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

Centre Number

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Learner Registration Number

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Monday 20 May 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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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 Which is the healthiest way of cooking eggs?

- A Baking
- B Frying
- C Poaching
- D Scrambling

(Total for Question 1 = 1 mark)

2 Give **one** way obese people could lose weight.

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.....

(Total for Question 2 = 1 mark)

3 Ahmed has a very demanding job, but he takes regular holidays for rest and relaxation. Give **one** health benefit for Ahmed of taking enough rest and relaxation.

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(Total for Question 3 = 1 mark)

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4 Luis eats a lot of processed meats.

State **two** health problems that Luis might suffer from if he continues eating processed meats.

1

2

(Total for Question 4 = 2 marks)

5 Give **one** kind of additive that can cause an allergic reaction.

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.....

(Total for Question 5 = 1 mark)

6 Staff working in hospitality businesses may have to work late or unsociable hours.

Give **one** way a hospitality business can help staff working on late shifts.

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(Total for Question 6 = 1 mark)

7 Give **one** way a delicatessen can make customers aware of its healthy menu items at the till point.

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(Total for Question 7 = 1 mark)

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8 A healthy diet should include foods containing essential minerals.

Name **one** mineral that is found in a healthy diet.

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(Total for Question 8 = 1 mark)

9 People often do not drink enough water and they become dehydrated.

(a) Give **two** symptoms of dehydration.

(2)

1
.....

2
.....

(b) Give **two** foods high in water content that can help to rehydrate the body.

(2)

1
.....

2
.....

(Total for Question 9 = 4 marks)

10 Give **two** types of nutritional information that should be listed on prepacked food labels.

1
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2
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(Total for Question 10 = 2 marks)

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11 School canteens should offer healthy eating and drinking options.

Give **one** way school canteens can do this.

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(Total for Question 11 = 1 mark)

12 Free range eggs are now popular with customers who link animal welfare with eating healthily.

Give **one** reason why hens producing free range eggs benefit from better animal welfare.

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(Total for Question 12 = 1 mark)

13 Give **two** reasons why some restaurants do not offer locally-sourced foods.

1

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2

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(Total for Question 13 = 2 marks)

14 Explain **one** benefit to elderly people who live alone of attending a lunch club at a local day centre.

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(Total for Question 14 = 2 marks)

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15 Give **one** reason why a ready-prepared vegetarian burger is not always a healthy option.

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(Total for Question 15 = 1 mark)

16 A hospital uses regenerated meals to cater for its patients.

(a) Give **two** benefits for the hospital of using regenerated meals.

(2)

1

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2

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(b) Explain **one** benefit for patients of the hospital using regenerated meals.

(2)

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(Total for Question 16 = 4 marks)

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17 Gillian works as a marketing manager in a large hotel and has recently returned to work after a serious illness.

(a) Give **two** ways the hotel could help Gillian by changing her working pattern.

(2)

1

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2

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(b) Explain **two** ways adapting Gillian's working pattern could also benefit the hotel.

(4)

1

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2

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(Total for Question 17 = 6 marks)

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18 Campsites are usually located in the countryside and on the coast.

(a) Explain **two** reasons why staying on campsites can be good for your health.

(4)

1

2

(b) Explain **one** reason why the accommodation and facilities on campsites are often basic.

(2)

(Total for Question 18 = 6 marks)

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19 A children's play centre has changed its party menu for children under the age of eight. It has taken sugary snacks and drinks off the menu.

Explain **two** reasons why excess sugar consumption is bad for children's health.

1

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2

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(Total for Question 19 = 4 marks)

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