



Mark Scheme (Final)

January 2020

BTEC Level 1/Level 2 First Certificate in
Hospitality

Unit 9: How the Hospitality Industry
Contributes to Healthy Lifestyles

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Question Number	Answer	Mark
1	Award one mark for the following. B. Zinc	(1)

Question Number	Answer	Mark
2	Award one mark for any of the following up to a maximum of one mark. A, B, C or D Accept any other appropriate response.	(1)

Question Number	Answer	Mark
3	Award one mark for any of the following up to a maximum of one mark. Reduces the risk of diseases, e.g. heart disease, diabetes Improves health and fitness Accept any other appropriate response.	(1)

Question Number	Answer	Mark
4	Award one mark for any of the following up to a maximum of one mark. Low sugar Low salt Gluten free Accept any other appropriate response.	(1)

Question Number	Answer	Mark
5 a	<p>Award one mark for any of the following up to a maximum of two marks.</p> <p>Eat more wholegrain rice Eat more wholemeal/grain bread Eat more wholewheat pasta Eat more fruit Eat more vegetables</p> <p>Accept any other appropriate response.</p>	(2)

Question Number	Answer	Mark
5 b	<p>Award one mark for any of the following up to a maximum of one mark.</p> <p>Helps the body digest food Helps the body absorb food Maintains a healthy digestive system</p> <p>Accept any other appropriate response.</p>	(1)

Question Number	Answer	Mark
6 a	<p>Award one mark for any of the following up to a maximum of two marks.</p> <p>Fish Meat Eggs Nuts Plant protein</p> <p>Accept any other appropriate response.</p>	(2)

Question Number	Answer	Mark
6 b	<p>Award one mark for any of the following up to a maximum of one mark.</p> <p>Essential for the growth of body tissue Essential for the repair of body tissue</p> <p>Accept any other appropriate response.</p>	(1)

Question Number	Answer	Mark
7	<p>Award one mark for any of the following up to a maximum of two marks.</p> <p>Less money spent travelling to and from work Healthier lifestyle Lose weight Keep fit Reduces risk of illness Reduces stress</p> <p>Accept any other appropriate response.</p>	(2)

Question Number	Answer	Mark
8a	<p>Award one mark up to a maximum of two marks.</p> <ul style="list-style-type: none"> • Fatty cuts of meat and processed meat products • Dairy produce • Fats and oils • Cakes, biscuits and pastries <p>Do not accept crisps. Accept any other appropriate response.</p>	(2)

Question number	Answer	Mark
8b	<p>Award one mark up to a maximum of one mark.</p> <p>Causes obesity Raises blood cholesterol Increases risk of heart disease Raises risk of cancer</p> <p>Accept any other appropriate response.</p>	(1)

Question number	Answer	Mark
9	<p>Award one mark up to a maximum of two marks.</p> <p>Include healthy food Include organic/sustainable produce Include world food dishes Include food suitable for different dietary requirements/vegan/religious/medical Affordable dishes</p> <p>Accept any other appropriate response.</p>	(2)

Question number	Answer	Mark
10	<p>Award one mark for identification of constraint and one mark for linked explanation up to a maximum of four marks</p> <p>Staff availability (1) more staff might have to be employed to cover extra duties (1) Staff training (1) update staff skills (1) Update knowledge (1) investigate suitable ingredients (1) Cost to business (1) Initial cost of ingredients may impact on the business (1) Availability of products (1) suppliers may not be able to provide extra ingredients (1) Transport (1) need to deliver lunches to the factory (1) Suitability of restaurant (1) kitchen may be too small (1) Impact on restaurant (1) Geeta's main business might suffer as all her time is being spent on the new contract (1)</p> <p>Accept any other appropriate response.</p>	(4)

Question Number	Answer	Mark
11 a	<p>Award one mark for any of the following up to a maximum of one mark.</p> <p>Posters Advertise on school website (pop-up banners) Vouchers Free samples Taster sessions Special offers</p> <p>Accept any other appropriate response.</p>	(1)

Question Number	Answer	Mark
11 b	<p>Award one mark for identification of healthy option availability and one mark for linked explanation.</p> <p>Introduce a breakfast club (1) ensures pupils have a healthy start to the day (1)</p> <p>Introduce an after-school club (1) ensures pupils have a healthy end to the day (1)</p>	(2)

	<p>Vending machines/snack bars (1) stocked with healthy items (1)</p> <p>Free fruit (1) encourage healthy diets (1)</p> <p>Provide free water (1) encourages hydration/replaces fizzy drinks (1)</p> <p>Accept any other appropriate response.</p>	
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Question Number	Answer	Mark
12 a	<p>Award one mark up to a maximum of two marks</p> <p>Staff training</p> <p>Ensure staff have up-to-date product knowledge</p> <p>Allow staff to practise making new drinks</p> <p>Give staff copy of cocktail manual</p>	(2)

	Accept any other appropriate response.	
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Question Number	Answer	Mark
12b	<p>Award one mark for benefit and one additional mark for appropriate expansion of benefit of providing new items, up to a maximum of four marks.</p> <p>Number of customers increases (1) due to keeping up with current trends/trying something new (1)</p> <p>Increase reputation (1) competing with local business (1)</p> <p>Staff satisfaction (1) staff enjoy learning new skills (1)</p> <p>Increase in profits (1) due to increase in business (1)</p> <p>Accept any other appropriate response.</p>	(4)

Question Number	Answer	Mark
13 a	<p>Award one mark for one benefit of using locally sourced food and one additional mark for linked expansion, up to a maximum of four marks.</p> <p>Reduced carbon footprint (1) appeals to customers' ethical values (1)</p>	(4)

	<p>Food delivered soon after production(1), so food should be fresh and at its best/good quality food for customers (1)</p> <p>Promotes environmental policies (1) ensures business reputation (1)</p> <p>Supporting local suppliers (1) to support the local economy (1)</p> <p>Accept any other appropriate response.</p>	
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Question Number	Answer	Mark
13 b	<p>Award one mark for a disadvantage up to a maximum of two marks.</p> <p>Availability of ingredients</p> <p>Pricing</p> <p>Seasonality</p> <p>Might not be able to meet the demand</p> <p>Accept any other appropriate response.</p>	(2)

Question Number	Answer	Mark
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14 a	<p>Award one mark for any of the following up to a maximum of two marks.</p> <p>Reduced stress levels Improved fitness Rest and relaxation Decrease the risk of obesity</p> <p>Accept any other appropriate response.</p>	(2)
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Question Number	Answer	Mark
14 b	<p>Award one mark for identification of the benefit and a further one mark for linked expansion, up to a maximum of four marks.</p> <p>Increased market share (1) more profit for the business (1)</p> <p>Increased business/repeat business (1) local people will use other facilities offered (1)</p> <p>Improved business reputation (1) local people will tell friends and family increasing business/free advertising (1)</p> <p>Improved ambience (1) the atmosphere of the hotel becomes more informal (1)</p> <p>Accept any other appropriate response.</p>	(4)

Question Number	Answer	Mark
15	<p>Factors to consider:</p> <ul style="list-style-type: none"> • Balanced intake of nutrients, healthy eating, balanced diet • Age – different nutritional needs for different age groups, e.g. children, elderly • Dietary requirements – low salt, low sugar, gluten free, vegetarian, vegan, coeliac, allergies • Medication – some medication interacts with certain food stuffs • Diversity of menus to cater for cultural and religious factors, smaller portions, lighter choices • Lifestyle – foods provided that will not encourage obesity, malnutrition • Variety of menus – enough choices given to patients • Availability of foods – use of present suppliers, locally sourced foods, seasonality, cost and environmental issues • Preparation/cooking/serving facilities available to meet demands of new menu • Methods of cooking – use of healthy methods • Staff skills to meet demands of new menus • Cost to fit in with budgets set/profits • Timings – preparation/service time 	(8)

	<ul style="list-style-type: none"> • Patient suggestions – taking into account any requests made by patients 	
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Question Number	Answer	Mark
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Level 0	No material worthy of credit.
Level 1 1–3 marks	<p>A few factors identified or one factor described in limited detail.</p> <p>The answer is likely to be in the form of a list.</p> <p>Factors identified will be superficial/generic.</p> <p>Examples are not always relevant to the given context.</p>
Level 2 4–6 marks	<p>One or more factors clearly described.</p> <p>Most of the factors will be relevant to the given context but the link will not always be clear.</p> <p>Most of the examples will be relevant to the given context.</p>
Level 3 7–8 marks	<p>Range of factors described or a few factors explained in depth.</p> <p>The answer will be coherent and will have broken down some of the complex issues into intelligible parts.</p> <p>The majority of factors will be relevant and presented in a logical order.</p> <p>The examples will be relevant to the given context and will fully support the analysis.</p>

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