



# Mark Scheme (Results)

January 2021

Pearson BTEC Firsts In Hospitality (21617E)  
Unit 9: How the Hospitality Industry Contributes  
to Healthy Lifestyles

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

### General marking guidance

- All learners must receive the same treatment. Examiners must mark the first learner in exactly the same way as they mark the last.
- Mark grids should be applied positively. Learners must be rewarded for what they have shown they can do rather than be penalised for omissions.
- Examiners should mark according to the mark grid, not according to their perception of where the grade boundaries may lie.
- All marks on the mark grid should be used appropriately.
- All the marks on the mark grid are designed to be awarded. Examiners should always award full marks if deserved. Examiners should also be prepared to award zero marks, if the learner's response is not rewardable according to the mark grid.
- Where judgement is required, a mark grid will provide the principles by which marks will be awarded.
- When examiners are in doubt regarding the application of the mark grid to a learner's response, a senior examiner should be consulted.

### Specific marking guidance

The mark grids have been designed to assess learners' work holistically.

Rows in the grids identify the assessment focus/outcome being targeted. When using a mark grid, the 'best fit' approach should be used.

- Examiners should first make a holistic judgement on which band most closely matches the learner's response and place it within that band. Learners will be placed in the band that best describes their answer.
- The mark awarded within the band will be decided based on the quality of the answer in response to the assessment focus/outcome and will be modified according to how securely all bullet points are displayed at that band.
- Marks will be awarded towards the top or bottom of that band depending on how they have evidenced each of the descriptor bullet points.

Question Number	Answer	Mark
1	<p>Award <b>one</b> mark for any of the following:</p> <ul style="list-style-type: none"> <li>• Vitamin B</li> <li>• Vitamin C</li> </ul>	(1)

Question Number	Answer	Mark
2	<p>Award <b>one</b> mark for the following:</p> <ul style="list-style-type: none"> <li>• C Maintains mental awareness</li> </ul>	(1)

Question Number	Answer	Mark
3a	<p>Award <b>one</b> mark for any of the following, up to a maximum of <b>one</b> mark.</p> <ul style="list-style-type: none"> <li>• Cereals</li> <li>• Pulses</li> <li>• Potatoes</li> <li>• Sugar</li> <li>• Rice</li> <li>• Bread</li> <li>• Pasta</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(1)

Question Number	Answer	Mark
3b	<p>Award <b>one</b> mark for any of the following, up to a maximum of <b>one</b> mark.</p> <ul style="list-style-type: none"> <li>• Major energy source</li> <li>• Required for activity</li> <li>• To balance the diet</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(1)

Question Number	Answer	Mark
4a	<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>• Milk</li> <li>• Cheese/cottage cheese/cream cheese</li> <li>• Yoghurt</li> <li>• Butter</li> <li>• Fromage frais</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question Number	Answer	Mark
4b	<p>Award <b>one</b> mark for any of the following, up to a maximum of <b>one</b> mark:</p> <ul style="list-style-type: none"> <li>• Maintains healthy bones</li> <li>• Maintains healthy teeth</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(1)

Question Number	Answer	Mark
5a	<p>Award <b>one</b> mark for any of the following, up to a maximum of <b>one</b> mark.</p> <ul style="list-style-type: none"> <li>• Causes heart disease</li> <li>• High cholesterol</li> <li>• Obesity</li> <li>• Become overweight</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(1)

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>• Baking</li> <li>• Grilling</li> <li>• Poaching</li> <li>• Steaming</li> <li>• Boiling</li> <li>• Barbecuing</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(1)

Question Number	Answer	Mark
6	<p>Award <b>one</b> mark for the following:</p> <ul style="list-style-type: none"> <li>• A Reduce the amount of salt used</li> </ul>	(1)

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>• Helps promote healthy eating/balanced diet</li> <li>• Increases concentration for lessons</li> <li>• Saves families time and money</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question Number	Answer	Mark
7b	<p>Award <b>one</b> mark for any of the following, up to a maximum of <b>one</b> mark.</p> <ul style="list-style-type: none"> <li>• Provide salad bars</li> <li>• Have water available</li> <li>• Portions of fruit and vegetables available</li> <li>• Provide a vending machine stocked with healthy items</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(1)

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>• Helps social activity</li> <li>• Helps emotional wellbeing</li> <li>• Helps keep them active</li> <li>• Helps to prevent decline in health</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question number	Answer	Mark
8b	<p>Award <b>one</b> mark for a benefit and one mark for a linked explanation, up to a maximum of <b>two</b> marks.</p> <ul style="list-style-type: none"> <li>• Elderly need to eat more frequently (1) as they have smaller appetites (1)</li> <li>• Allows the elderly to socialise (1) meals increase social interaction (1)</li> <li>• Easier to digest smaller meals (1) larger portions may be off-putting (1)</li> <li>• Elderly need to maintain their dietary needs (1) to remain healthy (1)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question number	Answer	Mark
9a	<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>• Spa</li> <li>• Gym</li> <li>• Swimming pool</li> <li>• Sports facilities</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)



Question number	Answer	Mark
9b	<p>Award <b>one</b> mark for a benefit and <b>one</b> mark for a linked explanation, up to a maximum of <b>two</b> marks.</p> <ul style="list-style-type: none"> <li>• Helps them relax (1) reduces stress (1)</li> <li>• Helps as part of a fitness regime (1) as part of a healthy lifestyle (1)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question number	Answer	Mark
9c	<p>Award <b>one</b> mark for a benefit and <b>one</b> mark for a linked explanation, up to a maximum of <b>two</b> marks.</p> <ul style="list-style-type: none"> <li>• Convenience (1) food and drink is immediately available (1)</li> <li>• Availability (1) food and drink can be purchased 24 hours a day (1)</li> <li>• Products can be purchased ready packaged (1) to be consumed later (1)</li> <li>• Business travellers often work long hours (1) so may require refreshments (1)</li> <li>• Late check in (1) so meets customer needs (1)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question Number	Answer	Mark
10 a	<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>• Clear descriptions of products</li> <li>• Make the products look attractive</li> <li>• Display prominently</li> <li>• Colorful packaging</li> <li>• Posters/leaflets</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question Number	Answer	Mark
10 b	<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>• Children have different nutritional requirements</li> <li>• Children can be fussy eaters</li> <li>• Children should have different portion sizes</li> <li>• Children can be prone to allergies</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question Number	Answer	Mark
10 c	<p>Award <b>one</b> mark for identification of benefit and <b>one</b> mark for linked explanation, up to a maximum of <b>two</b> marks.</p> <ul style="list-style-type: none"> <li>• Offers customers choices (1) to meet dietary needs (1)</li> <li>• Keeps customers informed (1) to prevent any possible allergies (1)</li> <li>• To meet customers' specific dietary requirements (1) to ensure healthy lifestyle (1)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question Number	Answer	Mark
11	<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>• Nuts</li> <li>• Artificial colourings</li> <li>• Artificial flavourings</li> <li>• Chemical preservatives</li> <li>• Dairy products</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question Number	Answer	Mark
12a	<p>Award <b>one</b> mark for identification of benefit and <b>one</b> mark for linked explanation, up to a maximum of <b>two</b> marks.</p> <ul style="list-style-type: none"> <li>• Reduce weight (1) alcohol is high in calories (1)</li> <li>• Reduce long-term health risk (1) alcohol contributes to a large amount of health conditions (1)</li> <li>• Decrease risk of accidents (1) alcohol affects how the body functions (1)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question Number	Answer	Mark
12b	<p>Award <b>one</b> mark for reason and <b>one</b> for linked explanation, up to a maximum of <b>two</b> marks.</p> <ul style="list-style-type: none"> <li>• Training staff (1) investing in staff updates (1)</li> <li>• Initial outlay (1) new stock and equipment (1)</li> <li>• Promoting (1) costs time and money (1)</li> <li>• Sourcing ingredients (1) reliability and consistency (1)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question Number	Answer	Mark
13	<p>Award <b>one</b> mark for an advantage and <b>one</b> mark for linked explanation, up to a maximum of <b>two</b> marks.</p> <ul style="list-style-type: none"> <li>• Less money spent travelling to and from work (1) will help and motivate staff (1)</li> <li>• Reduces stress (1) better for staff mental wellbeing (1)</li> <li>• Less time spent travelling to and from work (1) staff will work better (1)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(2)

Question Number	Answer	Mark
14	<p>Award <b>one</b> mark for identification of awareness of ingredients and <b>one</b> mark for linked explanation, up to a maximum of <b>four</b> marks.</p> <ul style="list-style-type: none"> <li>• Advise customers of nutritional content/being professional (1) in case of intolerances/likes and dislikes (1)</li> </ul> <p>To comply with allergy rules and regulations (1) to ensure customer satisfaction/safety (1)</p> <ul style="list-style-type: none"> <li>• Promotion of dishes on menu (1) to increase sales (1)</li> <li>• Eating preference dietary requests can be met (1) ensure customer satisfaction (1)</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(4)

Question Number	Answer	Mark
15	<p><b>Factors to consider:</b></p> <ul style="list-style-type: none"> <li>• Provide outdoor activities, e.g. surfing lessons, sailing, hill walking, rope swings as part of a healthy lifestyle</li> <li>• Provide an accommodation block for groups who don't want to camp</li> <li>• Offer bushcraft sessions to cover fire lighting, shelter building, woodland crafts and archery to encourage more young people to visit</li> <li>• Have cycle trail to encourage young people to exercise</li> <li>• Have a shop selling fresh produce</li> <li>• Use locally sourced products to reduce carbon footprint to promote a healthy lifestyle</li> <li>• Have barbecue pits/outdoor kitchen outside to encourage visitors to cook healthy meals</li> <li>• Have a cafe to provide meals</li> <li>• Have social hut for use in bad weather</li> <li>• Provide indoor activities, e.g. pool table, for use when weather is poor</li> <li>• Develop the campsite facilities to include laundry facilities, microwaves and basic kitchen facilities</li> </ul> <p><b>Accept any other appropriate response.</b></p>	(8)

Level 0	No material worthy of credit.
Level 1 1–3 marks	<p>A few factors identified <b>or</b> 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, <b>or</b> 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>



Llywodraeth Cymru  
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