

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 14 January 2021

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 Name **one** water soluble vitamin.

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(Total for Question 1 = 1 mark)

2 Identify **one** benefit of drinking water.

- A Maintains hair growth
- B Essential for preventing allergies
- C Maintains mental awareness
- D Essential for bone growth

(Total for Question 2 = 1 mark)

3 (a) Name **one** food high in carbohydrate.

(1)

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(b) Give **one** reason why carbohydrates should be included in a healthy diet.

(1)

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(Total for Question 3 = 2 marks)

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4 (a) Name **two** dairy foods.

(2)

1

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2

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Dairy foods contain calcium.

(b) Give **one** reason why calcium should be included in a healthy diet.

(1)

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(Total for Question 4 = 3 marks)

5 Fats are a secondary source of energy.

(a) Give **one** disadvantage to a person's health of eating too much fat.

(1)

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Frying food is an unhealthy way to cook.

(b) Give **two** healthier ways to cook food instead of frying.

(2)

1

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2

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(Total for Question 5 = 3 marks)

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6 Identify **one** way to keep the nutritional value of food items when cooking.

- A Reduce the amount of salt used
- B Add extra sugar
- C Reduce the amount of fresh ingredients
- D Add extra fat

(Total for Question 6 = 1 mark)

7 Schools often have a breakfast club.

(a) Give **two** benefits for schoolchildren of attending a breakfast club.

(2)

1

2

(b) Give **one** way a school can make sure that healthy products are available at lunchtime.

(1)

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(Total for Question 7 = 3 marks)

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8 Beeches House is a residential care home looking after elderly residents. The care home encourages residents to participate in outdoor activities. It also serves small nutritious meals at regular intervals.

(a) Give **two** benefits to the residents of taking part in outdoor activities.

(2)

1

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2

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(b) Explain **one** benefit for the residents of being offered small nutritious meals at regular intervals.

(2)

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(Total for Question 8 = 4 marks)

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9 A new hotel wants to attract business travellers. It is planning on including leisure and recreational facilities.

(a) Give **two** types of leisure and recreational facility that could be included.

(2)

1

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2

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(b) Explain **one** benefit for business travellers of having access to leisure and recreational facilities.

(2)

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The hotel is planning to offer vending machines in the reception area.

(c) Explain **one** benefit for business travellers of having access to vending machines.

(2)

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(Total for Question 9 = 6 marks)

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10 A children's activity centre with a restaurant is planning on promoting its healthy products at the point of sale.

(a) Give **two** ways the activity centre can promote its healthy products at the point of sale.

(2)

1

2

(b) The activity centre has a separate children's menu.

State **two** reasons why children could need a separate menu.

(2)

1

2

(c) The activity centre's menu provides nutritional information on the products.

Explain **one** benefit for customers of having access to nutritional information.

(2)

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(Total for Question 10 = 6 marks)

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11 A restaurant has decided to remove shellfish from its products as they are a common allergen.

Give **two** other foods that may trigger allergies.

1

2

(Total for Question 11 = 2 marks)

12 A bar is introducing a new range of non-alcoholic cocktails.

(a) Explain **one** benefit for customers of reducing the amount of alcohol they drink.

(2)

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(b) Explain **one** disadvantage for the bar of introducing a new range of non-alcoholic cocktails.

(2)

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(Total for Question 12 = 4 marks)

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13 A hotel employs staff who work long hours and offers staff accommodation to use when they cannot get home after a late shift.

Explain **one** advantage for the staff of being provided with accommodation in the hotel.

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(Total for Question 13 = 2 marks)

14 Explain **two** reasons why staff who serve food in a restaurant should know the ingredients in the dishes they serve.

1

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2

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(Total for Question 14 = 4 marks)

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15 Green Cliffs is a seaside campsite that is being refurbished. It wants to attract youth groups who want to spend time outdoors as part of a healthy lifestyle.

Discuss what facilities Green Cliffs could consider in order to meet the needs of youth groups.

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(Total for Question 15 = 8 marks)

TOTAL FOR PAPER = 50 MARKS

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