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First Certificate

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Hospitality

Unit 9: How the Hospitality Industry Contributes to Healthy Life Styles

Friday 15th January 2016 – Morning

Time: 1 hour 15 minutes

Paper Reference

21617E

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 Identify **two** ways rest and relaxation contribute to a healthy lifestyle.

- A Increases nutritional values
- B Helps to deal with stress
- C Supports the immune system
- D Provides healthy alternatives
- E Regulates body fluids

(Total for Question 1 = 2 marks)

2 Protein is one of the main food groups.

Identify the **two** foods that contain the most protein.

- A Cereals
- B Vegetables
- C Meat
- D Fruit
- E Eggs

(Total for Question 2 = 2 marks)

3 Fibre is a macronutrient.

State **two** ways fibre helps the body to function.

1

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2

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(Total for Question 3 = 2 marks)

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4 Healthy eating patterns are an important part of a healthy lifestyle.

State **two** ways to maintain healthy eating patterns.

1

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2

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(Total for Question 4 = 2 marks)

5 Eating too much saturated fat can cause high cholesterol.

(a) Give **two** other health problems caused by eating too much saturated fat.

(2)

1

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2

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The body needs both saturated and unsaturated fats to remain healthy.

(b) Complete the table with **one** different food source for **each** type of fat.

(2)

| Fat | Food Source |
|-------------|--------------------|
| Saturated | |
| Unsaturated | |

(Total for Question 5 = 4 marks)



6 Identify the **two** foods that contain the most carbohydrates.

- A Spaghetti
- B Turkey
- C Mushrooms
- D Prawns
- E Bread

(Total for Question 6 = 2 marks)

7 Eating too much sugar can lead to health problems. One way to reduce sugar intake is to choose low sugar foods.

Give **two** other ways sugar intake can be reduced.

1

2

(Total for Question 7 = 2 marks)

8 Hospitals provide world food dishes to contribute to the health of patients.

(a) Give **two** other reasons hospitals provide world food dishes for their patients.

(2)

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Hospitals use contract food service providers that serve regenerated food. A range of meals are prepared and cooked in their kitchen away from the hospital, then delivered as individually frozen portions that can be stored for up to one month. Meals are then reheated in the hospital kitchen when needed.

Hospitals serving regenerated food contributes to the healthy lifestyles of patients.

(b) Explain **two** ways that serving regenerated food contributes to the healthy lifestyles of hospital patients.

(4)

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(Total for Question 8 = 6 marks)

9 One way restaurants can provide healthier choices for their customers is by offering low fat and low sugar dishes.

State **two** other ways restaurants can provide healthier choices for their customers.

1

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(Total for Question 9 = 2 marks)



10 Barbecuing is a healthy cooking method for steak.

(a) Give **two** other healthy cooking methods for steak.

(2)

1

2

(b) Give **two** reasons why barbecuing is a healthy cooking method for steak.

(2)

1

2

(Total for Question 10 = 4 marks)

11 Sam owns The Arrow, a large hotel with 20 full and part-time staff members. The hotel has a restaurant and swimming pool that guests can use. Sam wants to turn the pool area into a spa that will be open to the public as well as hotel guests.

One impact that opening a spa will have on the staffing of The Arrow is that more staff will need to be employed.

Explain **two** other ways opening a spa will impact the staffing of The Arrow.

(4)

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Sam will need to buy products for the spa. Buying products for the spa is a constraint for Sam.

(b) Explain **two** reasons why buying spa products is a constraint for Sam.

(4)

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(Total for Question 11 = 8 marks)

12 Charlie's Bistro has introduced a children's menu as a promotional tool to encourage families to eat at his restaurant.

(a) Explain **one** reason why children need to have a separate menu in restaurants.

(2)

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Charlie's Bistro offers a range of dishes that are made from both frozen and fresh foods. Charlie wants to respond to customers' demand for healthier choices by using only fresh foods to make his dishes.

Using only fresh foods will have an impact on the restaurant's profit margin.

(b) Explain **two** reasons why using only fresh foods will have an impact on the restaurant's profit margin.

(4)

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Charlie's Bistro is considering adding the nutritional information for all dishes on the menu. The menu will show the amount of calories, fat and sugar each dish contains, as well as any foods that may trigger allergies. It will also show whether the dish is suitable for special diets.

- (c) Discuss the possible impact on Charlie's Bistro of adding nutritional information to its menus.

(8)

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(Total for Question 12 = 14 marks)

TOTAL FOR PAPER = 50 MARKS



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