



# Mark Scheme (Results)

January 2016

NQF BTEC Level 1/Level 2 Firsts in  
Hospitality

Unit 9: How the Hospitality Industry  
Contributes to Healthy Lifestyles  
(21617E)

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Question Number	Answer	Mark
1	B Help to deal with stress C Support the immune system	<b>2</b>

Question Number	Answer	Mark
2	C Meat E Eggs	<b>2</b>

Question Number	Answer	Mark
3	Award <b>one</b> mark for any of the following up to a maximum of two marks: <ul style="list-style-type: none"> <li>• Helps the body digest food</li> <li>• Helps the body to absorb food</li> <li>• Maintains a healthy digestive system</li> <li>• Defecation (final act of digestion)</li> </ul> <p><b>Accept any other valid response.</b></p>	<b>2</b>

Question Number	Answer	Mark
4	Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks: <ul style="list-style-type: none"> <li>• Eating regular meals</li> <li>• Eating (at sensible) times</li> <li>• Eating balanced meals</li> <li>• Eating the right amount of food</li> </ul> <p><b>Accept any other valid response.</b></p>	<b>2</b>

Question Number	Answer	Mark
5(a)	Award <b>one</b> mark for any of the following up to a maximum of <b>two</b> marks: <ul style="list-style-type: none"> <li>• Heart disease/stroke</li> <li>• High blood pressure</li> <li>• Obesity</li> <li>• Becoming overweight</li> </ul> <p><b>Accept any other valid response.</b></p>	<b>2</b>

Question Number	Answer	Mark
5(b)	<p>Award <b>one</b> mark for any of the following up to a maximum of two marks:</p> <p>Saturated fat:</p> <ul style="list-style-type: none"> <li>• Butter</li> <li>• Lard</li> <li>• Fatty meats</li> <li>• Biscuits/pastries/cakes</li> </ul> <p>Unsaturated fat:</p> <ul style="list-style-type: none"> <li>• Oily fish</li> <li>• Olive/sunflower/vegetable oil</li> <li>• Nuts</li> <li>• Seeds</li> </ul> <p><b>Accept any other valid response.</b></p>	<b>2</b>

Question Number	Answer	Mark
6	<p>A Spaghetti E Bread</p>	<b>2</b>

Question Number	Answer	Mark
7	<p>Award <b>one</b> mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> <li>• Use artificial sweeteners instead of sugar</li> <li>• Stop adding sugar to tea/coffee/cereal</li> <li>• Choose no added sugar foods</li> <li>• Replace processed foods with wholefoods</li> </ul> <p><b>Accept any other valid response.</b></p>	<b>2</b>

Question Number	Answer	Mark
8(a)	<p>Award <b>one</b> mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> <li>• Cultural</li> <li>• Religion</li> <li>• Ethics (e.g. vegan or vegetarian etc.)</li> </ul> <p>Do not accept responses relating to nutrients or nourishment.</p> <p><b>Accept any other valid response.</b></p>	<b>2</b>

Question Number	Answer	Mark
8(b)	<p>Award <b>one</b> mark for the identification and <b>one</b> additional mark for the appropriate expansion to a maximum of four marks.</p> <p>All meals are nutritionally balanced/correct portion size (1) which will help patients to recover faster (1).</p> <p>Special diets can be catered for easily (1) as meals won't need to be specially made (1).</p> <p>Enables more menu variety (1) so patients with less of an appetite will find something they want to eat (1).</p> <p><b>Accept any other valid response.</b></p>	<b>4</b>

Question Number	Answer	Mark
9	<p>Award <b>one</b> mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> <li>• Use organic ingredients</li> <li>• Increase flexibility within the menu</li> <li>• Offer lighter alternatives</li> <li>• Offer smaller portion sizes</li> </ul> <p><b>Accept any other valid response.</b></p>	<b>2</b>

Question Number	Answer	Mark
10(a)	<p>Award <b>one</b> mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> <li>• Grilling/Griddling</li> <li>• Stir-frying</li> <li>• Oven cooking</li> </ul> <p><b>Do not accept any other form of frying.</b></p> <p><b>Accept any other valid response.</b></p>	<b>2</b>

Question Number	Answer	Mark
10(b)	<p>Award <b>one</b> mark for any of the following up to a maximum of two marks:</p> <ul style="list-style-type: none"> <li>• Allows fat to drain away</li> <li>• Does not require addition of fats</li> <li>• Gives flavour without the need for added salt</li> </ul> <p><b>Accept any other valid response.</b></p>	<b>2</b>

Question Number	Answer	Mark
11(a)	<p>Award <b>one</b> mark for the identification and <b>one</b> additional mark for the appropriate expansion to a maximum of four marks.</p> <p>May need to train existing staff (1) as spa will have different operational requirements/customer needs (1).</p> <p>May decide to make redundancies (1) to employ multi-skilled staff (1).</p> <p>May need to change pay structure (1) to account for different staff skills (1).</p> <p>May need to change working patterns (1) to cover extended spa opening times (1).</p> <p><b>Accept any other valid response.</b></p>	<b>4</b>

Question Number	Answer	Mark
11(b)	<p>Award <b>one</b> mark for the identification and <b>one</b> additional mark for the appropriate expansion to a maximum of <b>four</b> marks.</p> <p>Sam has not bought spa products before (1) so she will have to find a supplier (1).</p> <p>Sam will have to buy all the products up front (1) which she may not be able to afford (1).</p> <p>Sam does not have knowledge of spa products (1) so she may not buy good/popular/suitable products (1).</p> <p>Sam does not yet know what treatments will be popular (1) so may not buy enough/buy too much of some products (1).</p> <p><b>Accept any other valid response.</b></p>	<b>4</b>

Question Number	Answer	Mark
12(a)	<p>Award <b>one</b> mark for the identification and <b>one</b> additional mark for the appropriate expansion.</p> <p>Children have different nutritional requirements (1) that will not be met by a regular menu (1).</p> <p>Children can be fussy eaters (1) so dishes can be tailored to be appealing (1).</p> <p>Children have different portion sizes (1) may be exceeded by the choices for adults (1).</p> <p>Very young children can choke on bones/be prone to allergies (1) so dishes can be made age-appropriate to remove risk (1).</p> <p><b>Accept any other valid response.</b></p>	<b>2</b>

Question Number	Answer	Mark
12(b)	<p>Award <b>one</b> mark for the identification and <b>one</b> additional mark for the appropriate expansion to a maximum of four marks.</p> <p>Wastage may be greater (1) as products have a shorter shelf life (1).</p> <p>Fresh foods may only be seasonal (1) therefore the menu may need to be reduced (1).</p> <p>Food is likely to cost more (1) therefore selling prices will need to reflect this (1).</p> <p>May lose bulk purchase discounts (1) as buying supplies little and often (1).</p> <p>Staff may need better food preparation skills (1) resulting in an increase in training/staffing costs (1).</p> <p><b>Accept any other valid response.</b></p>	<b>4</b>

Question Number	Indicative content	Mark
12(c)	<p><b>Considerations:</b>  Cost of printing new menu</p> <p>Will limit the dishes that can be offered to those on the menu</p> <p>May need to provide nutritional information on specials if offered</p> <p>Will need to adhere to standardised recipes to ensure nutritional information is correct</p> <p><b>Positive impacts:</b>  Could save money by standardising menu and recipes</p> <p>Could gain new custom from health-conscious customers potentially leading to increased profits</p> <p>Will gain loyal customers who can be confident that special diets/allergies are catered for</p> <p>Improved reputation as meals will be consistent</p>	

	<p>Will improve staff understanding/efficiency in responding to customer needs</p> <p><b>Negative impacts:</b>  Customers may be put off by seeing how many calories they are eating and go elsewhere</p> <p>Customers may eat fewer courses/choose not to eat healthier dishes so spend less money</p> <p>May have to use ingredients that are out of season, compromising the fresh food ethos</p> <p>May have no impact</p>	<b>8</b>
Level	Descriptor	
0 0 marks	No rewardable material.	
1 1-3 marks	Identification of relevant issue(s)/trend(s). The answer is likely to be in the form of a list. Points will be superficial/generic and not applied to the given scenario.	
2 4-6 marks	Discussions of the impact of relevant issue(s)/trend(s) on the hospitality business are given. Points made are generic with some application to the given scenario.	
3 7-8 marks	Reasoned and detailed justification answers are presented. Answers on how to respond to the relevant issue(s)/trend(s) are applied to the given scenario.	

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