

Write your name here

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Other names

**Pearson BTEC
Level 1/Level 2
First Certificate**

Centre Number

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Learner Registration Number

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Hospitality

Unit 9: How the Hospitality Industry Contributes to Healthy Lifestyles

Wednesday 18 January 2017 – 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.

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Turn over ►



Pearson

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 Give **one** benefit of a nutritionally balanced diet.

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.....

(Total for Question 1 = 1 mark)

2 The 'eatwell plate' shows how different foods contribute to a healthy diet for most people.

(a) Which **one** of the following does **not** appear on the 'eatwell plate'?

(1)

- A Fruit and vegetables
- B Dairy foods
- C Meat and fish
- D Processed foods

(b) Which **two** of the following does the 'eatwell plate' **not** apply to?

(2)

- A People who are overweight
- B People who are under medical supervision
- C People of Asian origin
- D People who are vegetarian
- E People with special dietary needs

(Total for Question 2 = 3 marks)

3 Give **two** ways in which drinking too much alcohol can damage your health.

1

2

(Total for Question 3 = 2 marks)

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4 Which **two** of the following are examples of processed food?

- A Honey
- B Boiled eggs
- C White bread
- D Bananas
- E Sausages

(Total for Question 4 = 2 marks)

5 Give **one** benefit of keeping the skins on when cooking potatoes.

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(Total for Question 5 = 1 mark)

6 (a) Give **two** minerals that can be found in the foods we eat.

(2)

1

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2

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(b) Give **two** reasons why we need a range of minerals in our diet.

(2)

1

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2

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(Total for Question 6 = 4 marks)

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7 Staff in the hospitality industry sometimes have to work under pressure for long hours over a long period of time.

Give **two** ways a hospitality manager can make sure staff do not work long hours over a long period of time.

1

2

(Total for Question 7 = 2 marks)

8 Identify the **two** correct measures of daily food intake.

- A Calories
- B Kilojoules
- C Ounces
- D Kilograms
- E Litres

(Total for Question 8 = 2 marks)

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9 Peter owns the Cat and Fiddle pub.

He has a large function room and is introducing tea dances to attract customers of pension age.

(a) State **two** ways in which dancing is good for people of pension age.

(2)

1

.....

2

.....

(b) Peter wants to promote his increased range of soft and non-alcoholic drinks at the point of sale.

Give **two** ways that Peter can inform customers about his increased range of soft drinks and non-alcoholic drinks at the point of sale.

(2)

1

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2

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(Total for Question 9 = 4 marks)

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10 Sue owns a contract catering company that employs a small number of staff. She has won a contract to provide pre-prepared in-flight meals for a regional airline.

Explain **two** staffing constraints that Sue will need to consider.

1

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2

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(Total for Question 10 = 4 marks)

11 Vegans do **not** eat any kind of animal product.

(a) State **one** type of milk that is suitable for vegans.

(1)

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(b) Give **two** foods that vegans can get protein from.

(2)

1

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(Total for Question 11 = 3 marks)

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12 The Guelder Rose Restaurant is planning to promote its Healthy Eating Fortnight by employing a local celebrity chef to join the usual kitchen team. The restaurant will also give customers dietary information and offer a range of meal incentives, including 'children eat free' and specially priced meal and drink offers.

(a) Explain **one** possible advantage to the restaurant of this marketing campaign. (2)

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(b) Explain **one** possible disadvantage to the restaurant of this marketing campaign. (2)

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(Total for Question 12 = 4 marks)

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13 Giuseppe owns an Italian restaurant. A large number of his customers want to control their calorie intake.

Giuseppe could offer a menu that meets the needs of these customers and also expands his customer base.

Explain **two** ways Giuseppe could do this.

1

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2

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(Total for Question 13 = 4 marks)

14 The Verde wine bar has problems with a high rate of staff absence and large quantities of alcohol disappearing. The management thinks that a number of staff have an alcohol-related problem either at home or at work.

Explain **one** way the Verde wine bar could try to help its staff so that the business benefits.

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15 Mark owns a speciality seafood restaurant. He sources his fresh fish and shellfish directly from the local fishing port.

Explain **two** ways that Mark can ensure the safe handling and storage of his seafood so that it does **not** cause a risk to customers.

1

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2

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(Total for Question 15 = 4 marks)

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