



**NCFE Functional Skills Qualification in English at Level 2
Speaking, Listening and Communication
600/0140/9**

Sample Set 1 – Healthy Eating

Pre-Release Source Documents

Pre-Release Source Documents will help you to understand the context of the assessment. They can also be used to provide ideas, facts or opinions that you can use in discussion. You're also encouraged to undertake your own research.


Read the documents carefully. You may discuss the contents with your Tutor before the assessment. Pre-Release Source Documents can be taken into the assessment. Extra copies will be available.

Source Document 1: SPAR There for you

Source Document 2: Healthy food obsession

Source Document 3: My school lunch

Source Document 4: Healthy eating at work

SPAR 

There for you

[HOME](#) [STORE FINDER](#) [FOOD & DRINK](#) [HEALTH & FITNESS](#) [COMMUNITY](#) [BECOME A SPAR RETAILER](#) [COMPETITIONS & OFFERS](#)

[Health & Wellbeing](#) [Fitness](#) [Athletics](#)


[Home](#) > [Health & Fitness](#) >

Health & Wellbeing

As a nation we too often equate speed and convenience with junk food. But it doesn't have to be that way. Fast food can be good food, with just a little more attention to diet (with a little d). So here's how to eat yourself healthy.

You are what you eat

Good health goes hand in hand with eating well. It may be a cliché, but you only get out what you put in. The good news is that healthy food doesn't mean compromising on taste or starving yourself. So why not make a change today? You could soon feel good, look better and feel more energised as a result...



Boost your immune system

Eat to beat anxiety

Top 10 power foods

Foods to make you bloom

Hidden health dangers

Ten fatigue-fighting foods

Eat to beat allergies

Foods for fertility

Feed your smile

TOP 10 POWER FOODS: THE FOOD SUPERHEROES YOU SHOULD BE EATING

Not all foods are created equally. Everyone knows that an apple is healthier than a packet of crisps, but there are certain foods that supercharge your health. All these 'power foods' contain a range of nutrients that work in synergy to heal and nourish our bodies.

1.Carrots contain powerful antioxidants called carotenoids, which the body converts into vitamin A. They boost our immune system and help protect our skin and eyes from the damaging effects of UV light. Carrots also reduce blood cholesterol levels.

2.Tomatoes are rich in vitamin C, and lycopene, a powerful antioxidant which may help reduce the risk of certain cancers, particularly prostate cancer. Cooked and processed tomatoes are more beneficial than raw tomatoes.

3.Eat walnuts and improve your heart health. Walnuts are particularly beneficial as they are one of the few plant sources of omega-3 fatty acids. They contain an amino acid that relaxes constricted blood vessels and improves blood flow.

4.Blueberries contain more antioxidant power than any other fruit or vegetable. They can help lower your risk of heart disease, prevent certain cancers, help delay the signs of ageing and help prevent degenerative diseases such as Alzheimer's.

5.Oats are an excellent source of complex carbohydrates which our body needs to sustain all-day energy. Rich in protein – they help lower cholesterol levels, blood pressure and reduce the risk of strokes.

6.Beans, peas and lentils are collectively known as pulses and are one of the most ancient foods. They are powerhouses packed full of vitamins and minerals and health-promoting properties. They are valued for their high protein content.

7.Wild salmon is one of the richest sources of omega-3 fatty acids. Omega-3 fats are important for cardiovascular health, reducing the risk of cancer, age-related macular degeneration and autoimmune diseases such as rheumatoid arthritis.

8.Soy is a great energy-boosting food. It's a high-quality protein source containing all the essential amino acids the body needs, yet is low in fat and contains no cholesterol. It's also incredibly rich in vitamins, minerals and soluble fibre.

9.Tea contains powerful antioxidants. These are a type of polyphenols called flavonoids, the same type found in red wine and berries. Polyphenols have numerous health properties and may be effective in reducing the risk of certain cancers.

10.Greens: dark-green leafy vegetables such as kale, collards, spring greens, broccoli, bok choy and spinach are amazing superfoods. They contain more vitamin C than many fruits and an array of other vitamins and minerals, including vitamin E. Spinach is an excellent source of energy production.

Source Document 2: Healthy food obsession

Healthy food obsession sparks rise in new eating disorder



Orthorexia nervosa sufferers like to focus on 'righteous' eating and have rigid rules about avoiding certain foods. Eating disorder charities are reporting a rise in the number of people suffering from a serious psychological condition characterised by an obsession with healthy eating. The condition, orthorexia nervosa, affects equal numbers of men and women, but sufferers tend to be aged over 30, middle-class and well-educated.

"I am definitely seeing significantly more orthorexics than just a few years ago," said Ursula Philpot, chair of the British Dietetic Association's mental health group. "Other eating disorders focus on quantity of food but orthorexics can be overweight or look normal. They are solely concerned with the quality of the food they put in their bodies, refining and restricting their diets according to their personal understanding of which foods are truly 'pure'."

Orthorexics commonly have rigid rules around eating. Refusing to touch sugar, salt, caffeine, alcohol, wheat, gluten, yeast, soya, corn and dairy foods is just the start of their diet restrictions. Any foods that have come into contact with pesticides, herbicides or contain artificial additives are also out.

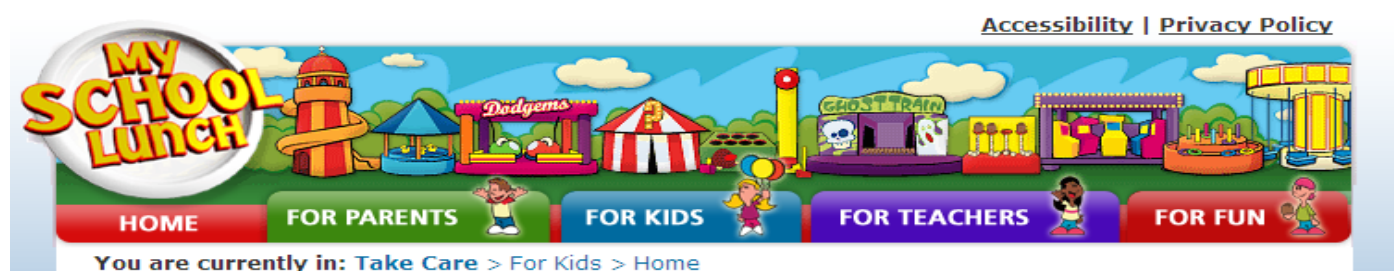
The obsession about which foods are "good" and which are "bad" means orthorexics can end up malnourished. Their dietary restrictions commonly cause sufferers to feel proud of their "virtuous" behaviour even if it means that eating becomes so stressful their personal relationships can come under pressure and they become socially isolated. "The issues underlying orthorexia are often the same as anorexia and the two conditions can overlap but orthorexia is very definitely a distinct disorder," said Philpot. "Those most susceptible are middle-class, well-educated people who read about food scares in the papers, research them on the internet, and have the time and money to source what they believe to be purer alternatives."

Deanne Jade, founder of the National Centre for Eating Disorders, said: "There is a fine line between people who think they are taking care of themselves by manipulating their diet and those who have orthorexia. I see people around me who have no idea they have this disorder. I see it in my practice and I see it among my friends and colleagues."

Jade believes the condition is on the increase because "modern society has lost its way with food". She said: "It's everywhere, from the people who think it's normal if their friends stop eating entire food groups, to the trainers in the gym who promote certain foods to enhance performance, to the proliferation of nutritionists, dieticians and naturopaths [who believe in curing problems through entirely natural methods such as sunlight and massage]."

"And just look in the bookshops – all the diets that advise eating according to your blood type or metabolic rate. This is all grist for the mill to those looking for proof to confirm or encourage their anxieties around food."

Source Document 3: My school lunch



Take Care

Herbie's Top 10 Healthy Hints

Herbie wants you to grow up fit, healthy and strong like he is. Then you can enjoy playing games with your friends, learning more about the world we live in and having fun. He has put together his top ten ideas, they are:

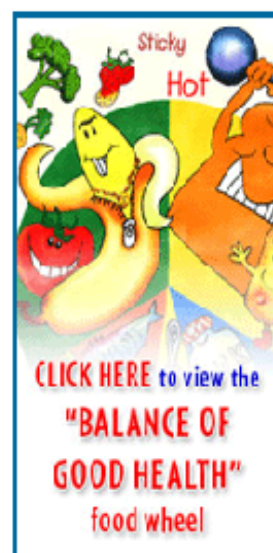


1. Before heading off for school make sure you have something for breakfast. A car goes nowhere on empty so don't start the day with nothing inside your tank.
2. Have a balance of different foods so your body has all the things it needs to work well. Look at the Balance of Good Health Food Wheel (opposite) to see what you should be eating regularly.
3. Take lots of exercise. Exercise is great fun and helps keep your heart pumping blood around your body. Exercise could be playing games with friends, going swimming at your local leisure centre or taking your dog for a long, brisk walk.
4. Don't have too many foods that have lots of sugar. These can damage your teeth.
5. Don't waste your pocket money on sweets or canned drinks on the way to and from school. Save it up so you can treat yourself to something special or that you really want. If you get hungry at this time why not pack a piece of fruit in your school bag.
6. Eat lots of fruit and vegetables because they give you the vitamins and minerals your body needs. Try and have five portions of fruit and vegetables per day.
7. Drink lots of water. Your body needs about six glasses of water each day.
8. Try to have foods with fibre in such as whole grain bread, jacket potatoes because they help you digest your food easier. It also makes it easier to go to the toilet.
9. Brush your teeth before you go to school and before you go to bed. This will help prevent you having to go to the dentist for fillings.
10. Have a healthy Herbie school meal on a daily basis.



Section Links

- ❖ [Herbie's Club](#)
- ❖ [About Herbie](#)
- ❖ [Competition](#)
- ❖ [Tell Herbie](#)
- ❖ [What do you think?](#)
- ❖ [Roxie & Billy](#)
- ❖ [School Lunch?](#)
- ❖ [Take Care](#)
- ❖ [Links](#)
- ❖ [Herbie's News](#)
- ❖ [Privacy Policy](#)



As from 1 April 2009 all Health Promotion Agency responsibilities have been transferred to the [Public Health Agency](#).



[Previous Page](#)

Promoting healthy eating at work: A simple guide for employers

Published:
HPA, May 2005

Description:

This booklet is the first in a series of simple guides aimed at promoting health in the workplace. It outlines to employers the benefits of promoting healthy eating at work, what action can be taken, the range of healthier food options that can be provided, and how to promote healthy eating in the workplace. It also outlines the benefits of promoting healthy eating at work, and how it can be part of the Workplace Health Promotion Programme.

Format:

A5, 8 pages.

Other format:

PDF available

Target group:

Participating

health, and

programmes

Additional info:

Available from

Workplace H

[Click here](#)

Why promote healthy eating at work?

Promoting healthy eating is part of promoting health in the workplace.

Research has shown that the benefits of improving health in the workplace include:

- increased motivation of employees and a better working atmosphere, leading to more flexibility and better communication;
- increased quality of products and services, more innovation and creativity, and a rise in productivity;
- improved public image of the company, making it more attractive as an employer.

Poor nutrition is associated with increased risk of conditions such as heart disease, some cancers, type 2 diabetes, osteoporosis and compromised oral health. It is also associated with obesity. In Northern Ireland almost half of all men and more than one third of women are overweight, while a further one fifth of men and one quarter of women are classed as obese. Obesity is estimated to result in 260,000 working days lost each year and costs the economy £500 million. By promoting healthier eating, you can reduce absenteeism rates in your workplace.

Any organisation, large or small, can take simple action to promote healthy eating and gain the benefits listed. As an employer, you can make the healthier choice the easier choice.