

External Assessment

NCFE Level 2 Certificate in Food and Cookery (601/4533/X)

Unit 03 Exploring balanced diets (K/506/5038)

Past Paper

Assessment date: 24 January 2020

Time: 9:00am

Time allowed: 2 hours

Complete your details below:

Centre name		Centre number	
Learner name		Learner number	

Instructions for learners

- Read all tasks carefully and make sure that you understand what you need to do.
- You **MUST** attempt **all** of the tasks to address all assessment criteria. You cannot achieve a Pass grade unless you meet the required standard in all of the tasks.
- Write your responses to the tasks in the spaces provided. If you need more space, you may use extra paper.
- If you are using a word processor, you **must** make sure that all of your work is printed out.
- Make sure that any printouts or extra paper are securely attached to this assessment paper and labelled clearly with:
 - your name and learner number
 - centre name and centre number
 - task and question number.
- At the end of the assessment, hand all documents over to your Invigilator.

You are **not** allowed to use the Internet during this external assessment.

DO NOT TURN OVER UNTIL YOU ARE INSTRUCTED TO DO SO BY THE INVIGILATOR.

Examiner use only

AC	Grade
1.1	
1.2	
1.3	
1.4	
1.5	
1.6	
2.1	
2.2	
2.3	

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Task 1

You **must** make sure your work in Tasks 1a and 1b meets assessment criteria 1.1 and 1.2 which are shown at the end of each Task.

1a. Explain the term **balanced diet**. Give examples to support your answer where appropriate.

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Assessment criteria	Pass	Merit	Distinction
1.1 Explain what is meant by a balanced diet	Learners will explain what is meant by a balanced diet	Learners will explain in detail what is meant by a balanced diet	Learners will comprehensively explain what is meant by a balanced diet

Please turn over

1b. Our bodies need macro and micronutrients to ensure good health.

Complete the information in the tables below.

For each nutrient listed, provide:

- food sources where the nutrient is found
- a description of the functions of the nutrient in the body
- a description of the effects of not eating enough of that nutrient.

Protein
Give examples of food sources for this nutrient.
Describe the functions of this nutrient in the body.
Describe the effects of not eating enough of this nutrient.

Fat

Give examples of food sources for this nutrient.

Describe the functions of this nutrient in the body.

Describe the effects of not eating enough of this nutrient.

Vitamin B

Give examples of food sources for this nutrient.

Describe the functions of this nutrient in the body.

Describe the effects of not eating enough of this nutrient.

Please turn over

Assessment criteria	Pass	Merit	Distinction
1.2 Describe the nutrients that make up a balanced diet	Learners will describe the nutrients that make up a balanced diet	Learners will describe in detail the nutrients that make up a balanced diet	Learners will comprehensively describe the nutrients that make up a balanced diet

Past Paper

Task 2

You **must** make sure your work in Tasks 2a, 2b, 2c and 2d meets assessment criterion 1.3 which is shown at the end of the task.

Alan is a 30 year old office worker who spends most of the day sitting at a desk using a computer. He eats a fast food muffin for breakfast, sandwiches and crisps for lunch and often has takeaway food for his evening meal.

2a. Identify the nutrients which are likely to be **missing** from Alan's diet **and** explain your reasons.

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2b. Identify the nutrients which are likely to be **in excess** in Alan's diet **and** explain your reasons.

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2c. Explain the impact this diet is likely to have on Alan's health and well-being over time.

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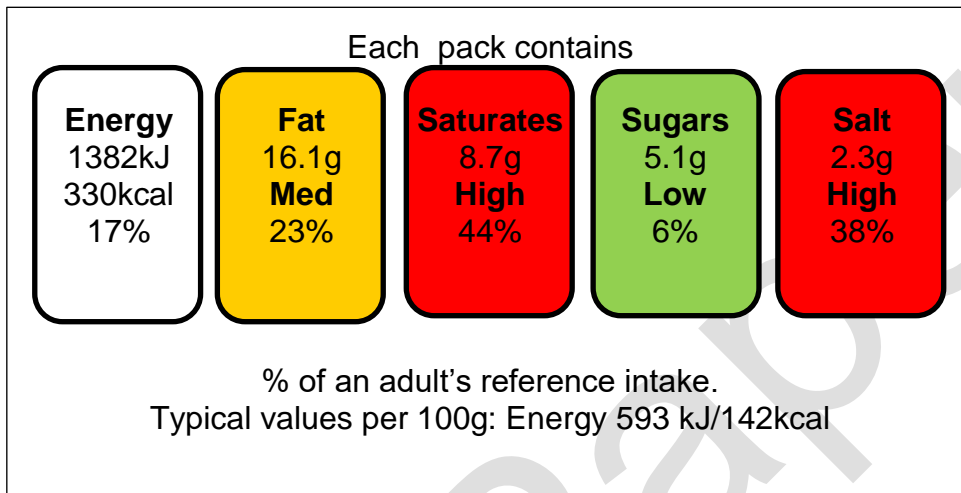
Past Paper

Task 3

You **must** make sure your work in Tasks 3a and 3b meets assessment criterion 1.5 which is shown at the end of the task.

Colour-coded food labels can help us make healthy choices for a balanced diet.

Here is a label from a readymade minced beef and dumpling meal:



3a. Explain how the colour-coded nutritional information on the label can help people to choose healthy options for their balanced diet. Use specific examples from the label.

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Amber (orange)

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Red

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Here is the list of ingredients from the label on a beef lasagne:

Ingredients:

Minced beef bolognese sauce (52%): water, minced beef, tomatoes, onions, garlic, salt, sugar, **mustard seeds, celery salt.**

béchamel sauce: water, whipped cream from **milk**, cheddar cheese from **milk, skimmed milk powder**, cornflour, **wheat** flour.

Durum wheat lasagne containing **egg white** powder.

cheddar cheese from **milk.**

Allergy advice: For allergens, including cereals containing gluten, see ingredients in **bold.**

Made in a factory where nuts are used.

3b. Explain how the information on this label can help people who have food allergies to make safe choices.

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Assessment criteria	Pass	Merit	Distinction
1.5 Explain how nutritional information on food labels can inform healthy eating	Learners will explain how nutritional information on food labels can inform healthy eating	Learners will explain how nutritional information on food labels can inform healthy eating, showing critical understanding	Learners will explain how nutritional information on food labels can inform healthy eating, showing critical judgement

Please turn over for the next question.

Please turn over

Task 4

You **must** make sure your work in Task 4a meets assessment criterion 1.4, and make sure your work in Tasks 4b, 4c and 4d meets assessment criterion 1.6. These assessment criteria are shown at the bottom of Tasks 4a and 4d.

Andrew is a 45 year old who has been told he is at risk of developing coronary heart disease due to his poor diet.

4a. Explain the current UK government healthy eating advice and outline how it could help improve Andrew’s diet.

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Assessment criteria	Pass	Merit	Distinction
1.4 Explain healthy eating advice	Learners will explain healthy eating advice	Learners will explain healthy eating advice in detail	Learners will comprehensively explain healthy eating advice

Please turn over for the next question.

Please turn over

Here is Andrew's food diary for an average day:

Breakfast	Bacon and fried egg roll Cup of coffee with full fat milk and one sugar
Mid-morning snack	Flapjack bar Cup of coffee with full fat milk and one sugar
Lunch	Ham and lettuce sandwich with white bread Banana Chocolate milk shake
Mid-afternoon snack	Chocolate Muffin Can of Diet Coke
Evening meal	Roast chicken with roast potatoes, carrots and peas Apple crumble and custard
Evening snack	Packet of crisps Can of Coke

4b. Identify the healthy and less healthy foods in Andrew's food diary.

Healthy foods

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Less healthy foods

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Past Paper

Please turn over for the next question.

Please turn over

4c. Explain how Andrew's diet may be affecting his health now he has been identified as being at risk of developing coronary heart disease.

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Past Paper

Task 5

You **must** ensure your work in Tasks 5a, 5b and 5c addresses assessment criteria 2.1, 2.2 and 2.3. You can refer to the assessment criteria at the end of each task.

Here is a recipe for a chicken and chorizo bake

Ingredients

75g chorizo
2 cloves of garlic
1 chicken stock cube
4 chicken thighs with skin on
2 small sweet potatoes
2 large potatoes
2 onions
1 red pepper
1 yellow pepper
4 tablespoons of double cream

Method

1. Preheat the oven to 200°C/Gas mark 7.
2. Crumble the stock cube and add 300 ml boiling water and mix.
3. Chop the onion and fry for 5 minutes.
4. Add the chicken thighs into the pan and fry until brown all over.
5. While these are frying, chop the chorizo and place in a casserole dish.
6. Crush the garlic and sprinkle over the chorizo.
7. Peel the sweet potatoes and the large potatoes and cut into small chunks and place in the casserole dish.
8. Slice the peppers and place in the casserole dish.
9. Place the chicken and onion on top and pour the chicken stock over the ingredients.
10. Cover the casserole dish with silver foil and bake for 30 minutes.
11. After 30 minutes, remove the silver foil and bake for a further 30 minutes until the chicken is cooked through and the vegetables are soft.
12. Before serving, stir the double cream into the casserole to create a creamy finish.

5a. Explain the healthy **and** less healthy features of the chicken and chorizo bake recipe.

Healthy features

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Less healthy features

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Assessment criteria	Pass	Merit	Distinction
2.1 Assess a recipe in terms of its contribution to healthy eating	Learners will assess a recipe in terms of its contribution to healthy eating	Learners will assess a recipe in terms of its contribution to healthy eating, showing critical understanding	Learners will assess a recipe in terms of its contribution to healthy eating, showing critical judgement

Please turn over

5b. Explain how you could change the recipe to make the finished chicken and chorizo bake healthier to eat.

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Assessment criteria	Pass	Merit	Distinction
2.2 Explain how the recipe could be changed to make the finished dish healthier	Learners will explain how the recipe could be changed to make the finished dish healthier	Learners will explain in detail how the recipe could be changed to make the finished dish healthier	Learners will comprehensively explain how the recipe could be changed to make the finished dish healthier

What you need to hand in after your external assessment

At the end of the timed external assessment, you will hand in the following work to your Invigilator:

- this external assessment paper
- any extra paper you have used, securely attached.

Make sure that:

- any extra paper is clearly identified with your:
 - name
 - learner number
 - centre name
 - centre number
- you have signed the learner declaration on the front page of this external assessment paper.

This is the end of the assessment.