

**Qualification Name: NCFE Level 2 Certificate in Food and Cookery (P000776) January 2020**

Task 1a.			
Assessment criteria:	Pass:	Merit:	Distinction:
1.1 Explain what is meant by a balanced diet.	Learners will <b>explain</b> what is meant by a balanced diet.	Learners will <b>explain in detail</b> what is meant by a balanced diet.	Learners will <b>comprehensively explain</b> what is meant by a balanced diet.
Range:	<b>Balanced diet:</b> to include portion control, water intake and dietary fibre, RI/GDAs etc.		
1a. Explain the term <b>balanced diet</b> . Give examples to support your answer where appropriate.			
<b>NYA</b>  Inadequate explanation or misunderstanding eg “eating the right things”, “eating healthily”, “a balanced diet contains the nutrients we need”	Learners can <b>explain</b> what is meant by a balanced diet.  A diet containing all the nutrients in the correct proportion for the person OR reference to Eatwell Guide (or Plate) with brief reference to eg food groups, amounts, proportions, variety.  Learner’s explanation states that nutrients eaten in the correct proportion to each other, to meet their individual needs and keep them healthy. Does not have to name all of the nutrients, but any of the named nutrients (proteins, carbohydrates, fats, vitamins and minerals) will contribute towards a Pass.  May discuss the Eatwell Guide and food groups.	Learners can <b>explain in detail (<i>thorough and in depth</i>)</b> what is meant by a balanced diet.  A diet containing all the nutrients (will name one or more correctly) in the correct proportion for the person. Will also refer to water, dietary fibre and/or RI/GDA OR reference to Eatwell Guide (or Plate) with examples of specific food groups, proportions, examples, reasons for eating.  Learner’s explanation states a diet which provides a person with some of the nutrients shown in the Pass criteria plus either water and non-starch polysaccharide/dietary fibre in the correct proportion to meet their individual energy and health needs. It should include a variety of different foods and be in line with Reference Intake (or GDA) guidelines.  If mentions water but not dietary fibre or vice versa then still a Merit. May make reference to the food groups in the Eatwell Guide (or Eatwell Plate).	Learners can <b>comprehensively explain (<i>all encompassing</i>)</b> what is meant by a balanced diet.  Learner’s explanation states one which provides a person with all of the nutrients as listed in the Pass criteria, ie chemicals found in food plus water and non-starch polysaccharide/dietary fibre in the correct proportion to meet their individual energy and health needs. It should contain a variety of different foods, be in line with Reference Intake (or GDA) guidelines and should normally meet but not exceed energy requirements by giving appropriate portion sizes. May include Reference Nutrient Intakes (RNI) for protein, vitamins and minerals. May make reference to the food groups and proportions of these in the Eatwell Guide (or Eatwell Plate).
Glossary of Terms:	<b>Describe:</b> Define, <b>explain</b>	<b>Detailed:</b> Thorough and in depth	<b>Comprehensive:</b> All-encompassing

Task 1b.			
Assessment criteria:	Pass:	Merit:	Distinction:
1.2 Describe the nutrients that make up a balanced diet.	Learners will <b>describe</b> the nutrients that make up a balanced diet.	Learners will <b>describe in detail</b> nutrients that make up a balanced diet.	Learners will <b>comprehensively describe</b> the nutrients that make up a balanced diet.
Range:	Nutrients: macro (carbohydrates, fats, proteins), micro (vitamins A, B group, C and D), minerals (iron and calcium), source, function, deficiency.		
<b>1b.</b> Our bodies need macro and micronutrients to ensure good health. Complete the information in the tables below. For each nutrient listed (Protein, Fat, Vitamin B), provide: <ul style="list-style-type: none"><li>o food sources where the nutrient is found</li><li>o a description of the functions of the nutrient in the body</li><li>o a description of the effects of not eating enough of that nutrient.</li></ul>			
<b>NYA</b>  Inadequate or incorrect information given for two or more of the nutrients eg no or incorrect sources, functions or effects of deficiency so that the nutrients are not described.	Learners can <b>describe</b> the nutrients that make up a balanced diet.  Learners will complete the table to show: <b>Protein</b> <b>Good sources:</b> eg meat, fish, eggs, milk, cheese, beans, lentils, soya.  <b>Functions:</b> growth and repair energy maintenance of the body.  <b>Effects of not eating enough:</b> poor growth weak muscles tiredness.  <b>Fat</b>  <b>Good sources:</b> butter, margarine oils, cheese, chocolate	Learners can <b>describe in detail (<i>thorough and in depth</i>)</b> nutrients that make up a balanced diet.  Learners will complete the table to show: <b>Protein</b> <b>Good sources:</b> eg meat, fish, eggs, cheese, milk, soya, beans, pulses, lentils. May mention HBV and LBV protein sources.  <b>Functions:</b> growth and repair of the body makes new cells heals cuts secondary energy source.  <b>Effects of not eating enough:</b> poor growth in children weak muscles in adults fluid builds up under the skin poor healing of cuts tiredness.	Learners can <b>comprehensively describe (<i>all encompassing</i>)</b> the nutrients that make up a balanced diet.  Learners will complete the table to show: <b>Protein</b> <b>Good sources:</b> eg HBV protein contains all essential amino acids found in meat, fish, eggs, cheese, milk and soya. LBV proteins do not contain all the essential amino acids found in nuts, seeds, pulses, vegetables, lentils.  <b>Functions:</b> growth of new cells and muscles repair of cuts responsible for enzyme production in the body is a secondary energy source.  <b>Effects of not eating enough:</b> poor growth in children catch infections easily thin hair diarrhoea and poor digestion.

	<p><b>Functions:</b> energy source protects organs warmth, insulation</p> <p><b>Effects of not eating enough:</b> lack energy can be cold weight loss</p> <p><b>Vitamin B</b></p> <p><b>Good sources:</b> Cereal products all types of meat eggs, milk and dairy foods green vegetables seeds, beans, fortified breakfast cereals</p> <p><b>Functions:</b> helps with digestion helps with growth.</p> <p><b>Effects of not eating enough:</b> slow growth and development severe deficiency causes beri-beri which causes muscle wastage.</p>	<p><b>Fat</b></p> <p><b>Good sources:</b> saturated fats from animal sources such as butter and lard, fatty meats  unsaturated fats from avocados, olives, nuts and seeds.</p> <p><b>Functions:</b> provides energy stored under the skin to keep us warm protects our vital organs such as liver and kidneys may give some fat soluble vitamins such as vitamin A and D gives essential fatty acids.</p> <p><b>Effects of not eating enough:</b> we may lack energy may lose weight we may lack essential vitamins we may feel the cold more.</p> <p><b>Vitamin B</b></p> <p><b>Good sources:</b> wheat and rice cereal products all types of meat eggs, milk and dairy foods seeds, nuts and beans.</p> <p><b>Functions:</b> it helps release energy from carbohydrates it helps our nerves to work properly it helps with growth in the body.</p>	<p>weak muscles in adults slow healing of cuts fluid builds up under the skin weight loss a severe deficiency may cause kwashiorkor which is severe muscle loss.</p> <p><b>Fat</b></p> <p><b>Good sources:</b> saturated fats from animal sources such as butter and lard, suet, fatty meats, fried foods  unsaturated fats from oils such as olive oil, avocados, olives, nuts and seeds such as walnuts and sunflower seeds</p> <p><b>Functions:</b> provide energy forms the structure of cells insulates the body by being stored under the skin protects vital organs such as our liver and kidneys it is a good source of fat soluble vitamins such as vitamins A, D and K gives food texture and flavour provides essential fatty acids such as Omega 3 and Omega 6 which protect the heart and lower blood cholesterol.</p> <p><b>Effects of not eating enough:</b> we may lack energy and feel tired and lethargic we may lose weight and become more prone to illness we may lack the essential vitamins A, causing problems with night vision and the ability to fight infections, Vitamin D which works with calcium to give strong bones, and Vitamin K which helps with blood clotting we may feel the cold more if we lack the essential fatty acids</p> <p>we may suffer from higher cholesterol levels.</p>
--	--	--	--

		<p><b>Effects of not eating enough:</b> slow growth and development due to poor digestion severe deficiency causes beri-beri which causes muscle wastage, fast heart rate and shortness of breath depression skin disorders swollen tongue.</p>	<p><b>Vitamin B</b></p> <p><b>Good sources:</b> wheat and rice cereal products yeast and marmite all types of meat eggs, milk and dairy foods seeds, nuts and beans green vegetables.</p> <p><b>Functions:</b> it helps release energy from carbohydrates by assisting the digestive process it helps our nerves to work properly by providing essential chemicals to allow nerve function to take place it helps with growth in the body as the breakdown of proteins is helped by Vitamin B essential for all bodily functions important during rapid periods of growth production of healthy red blood cells anaemia neural birth defects depression.</p> <p><b>Effects of not eating enough:</b> slow growth and development Severe deficiency causes beri-beri which causes muscle wastage, fast heart rate and shortage of breath. There may be swelling of the legs, numbness of hands and feet and confusion.</p>
<b>Glossary of Terms:</b>	<b>Describe:</b> Define, explain	<b>Detailed:</b> Thorough and in depth	<b>Comprehensive:</b> All-encompassing

Task 2a, b, c, d.			
Assessment criteria	Pass	Merit	Distinction
1.3 Explain nutrient requirements for different groups of people.	Learners will <b>explain</b> nutrient requirements for different groups of people.	Learners will <b>explain in detail</b> nutrient requirements for different groups of people.	Learners will <b>comprehensively explain</b> nutrient requirements for different groups of people.
Range:	<i><b>Groups of people:</b> age (babies and toddlers, pre-schoolers, children, teenagers, adults, older), gender, activity level, health conditions (lactose intolerance, nut allergy, coronary heart disease, vegans).</i>		
<p><b>2a.</b> Identify the nutrients which are likely to be <b>missing</b> from Alan’s diet <b>and</b> explain your reasons.</p> <p><b>2b.</b> Identify the nutrients which are likely to be <b>in excess</b> in Alan’s diet <b>and</b> explain your reasons.</p> <p><b>2c.</b> Explain the <b>impact</b> this diet is likely to have on Alan's health and well-being over time.</p> <p><b>2d.</b> Older people may have a poor diet because of the challenges of purchasing, preparing and eating food. Identify ways how older people can obtain all the necessary nutrients in their diet to keep them healthy.</p>			
<p><b>NYA</b></p> <p>Inadequate or incorrect explanation given for one or more groups eg no or incorrect nutrient requirements given, response is very general to any diet rather than being specific to the group(s) set in the task.</p>	<p>Learners can <b>explain</b> nutrient requirements for different groups of people.</p> <p>eg Vitamins and minerals are likely to be missing from Alan's diet due to a lack of fruit and vegetables.</p> <p>eg Alan may have too much fat in his diet because he eats a lot of processed meals that tend to be high in fat.</p> <p>eg If Alan is short of vitamins and minerals, he may have poor skin, bones and teeth, as well as general poor health and catch infections easily. If he has too much fat and sugar, it will make him put on weight and will eventually be bad for his heart.</p> <p>eg Older people may have bones that break easily so need to eat plenty of calcium. They need to eat fibre so they do not become constipated. They need to eat less fat and sugar as they can put on weight because they do not move much.</p>	<p>Learners can <b>explain in detail (thorough and in depth)</b> nutrient requirements for different groups of people.</p> <p>eg Vitamins, especially Vitamin C, and minerals, especially calcium and iron, are likely to be the nutrients missing from Alan's diet due to a lack of fruit and vegetables. He will also probably be short of non-starch polysaccharide /dietary fibre because fruit and vegetables are a good source of this.</p> <p>Alan could be missing protein as he only eats processed meats and no fish.</p> <p>eg Alan may have too much fat in his diet because he eats a lot of processed and readymade meals which tend to be high in these nutrients. He is also likely to be eating too much salt, because this is often added as a flavour enhancer to processed foods.</p> <p>eg If Alan is short of vitamins, especially Vitamin C, he may have poor skin, bones, gums and</p>	<p>Learners can <b>comprehensively explain (all encompassing)</b> nutrient requirements for different groups of people.</p> <p>eg Vitamins, especially Vitamin C, and minerals, especially calcium and iron, are likely to be the nutrients missing from Alan's diet due to a lack of fruit and vegetables. This will also probably make him short of non-starch polysaccharide/dietary fibre, which is not actually a nutrient because it is not absorbed during digestion but is just as important in a balanced diet.</p> <p>eg Alan may have too much fat because he eats a lot of processed and readymade meals which tend to be high in fat and salt. This will make him put on weight and will be bad for his heart, as it can lead to coronary heart disease in the future. He is also likely to be eating too much salt because this is often added as a flavour enhancer, which is sodium chloride and can be bad for his blood pressure in the</p>

		<p>teeth, as well as general poor health and lack of resistance to infection. He may also be depressed and irritable. If he is short of calcium this will affect his bones and teeth and if he is short of iron it may affect his blood, causing tiredness. If he is short of fibre/NSP this may lead to constipation. Too much fat and sugar can lead to weight gain and could be bad for his heart in the future. Too much sugar can also lead to type 2 diabetes. Too much salt can be bad for his blood pressure and lead to strokes.</p> <p>eg Many older people cannot chew easily so need softer foods such as poached fish for protein.</p> <p>They need to eat plenty of calcium as they can develop osteoporosis which means their bones can break easily.</p> <p>Their digestion slows down so they need fibre rich foods such as wholemeal products and plenty of fruit and vegetables to prevent constipation.</p> <p>They can put on weight due to being inactive so need to reduce the amount of fat and sugar in their diet.</p> <p>They can develop high blood pressure so need to avoid eating too much salt.</p>	<p>future and contribute to the possibility of a stroke, especially in an inactive person.</p> <p>eg If Alan is short of vitamins, especially Vitamin C, he may have poor skin, bones, gums and teeth as well as general poor health and lack of resistance to infection eg he may catch colds and flu easily. If he injures himself the wound may take a long time to heal. He may also become depressed and irritable due to the impact of a lack of Vitamin C on the nervous system.</p> <p>If he is short of minerals such as calcium this will also affect his bones and teeth and could cause him muscular problems and if he is short of iron it may affect his blood, which could cause him to lack energy. If he is short of non-starch polysaccharide/dietary fibre this may lead to constipation in the short term and over time could lead to a serious illness like cancer of the bowel. If he has too much fat and sugar it will make him put on weight and can lead to coronary heart disease and heart attack, especially at his age. Too much sugar can also lead to Type 2 diabetes. Too much salt can be bad for his blood pressure and lead to strokes, especially at his age as he has an inactive lifestyle.</p> <p>eg. Many older people need softer foods that can be chewed easily and are digested faster. Examples of this are poached fish and mashed potatoes.</p> <p>Older people are at risk of developing osteoporosis due to lack of calcium. This means that a fall can easily result in broken bones because of the brittleness of the bones. Plenty of calcium rich foods should be eaten, such as milk products.</p> <p>Fibre and water are needed as the digestive system slows down and can result in constipation. They should eat plenty of fruits and vegetables as well as wholemeal products when possible.</p> <p>Older people can be prone to anaemia, so foods containing Vitamin C should be eaten with iron rich foods to help with the absorption of iron in the body.</p>
--	--	---	--

			<p>As older people are less active, they can put on weight so foods high in fat and sugar should be avoided.</p> <p>Eating too much salt can cause high blood pressure, so salt intake should be a maximum of 6g per day.</p> <p>Older people sometimes have difficulties absorbing Vitamin B12, so supplements can be taken for this vitamin, or plenty of foods containing this vitamin should be eaten.</p>
<b>Glossary of Terms</b>	<b>Describe:</b> Define, <b>explain</b>	<b>Detailed:</b> Thorough and in depth	<b>Comprehensive:</b> All-encompassing

Tasks 3a,b.			
Assessment criteria	Pass	Merit	Distinction
1.5 Explain how nutritional information on food labels can inform healthy eating	Learners will <b>explain</b> how nutritional information on food labels can inform healthy eating.	Learners will explain how nutritional information on food labels can inform healthy eating <b>showing critical understanding</b> .	Learners will explain how nutritional information on food labels can inform healthy eating <b>showing critical judgement</b> .
Range:	<b>Nutritional information:</b> eg fat content, calories content, serving size.		
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. <ul style="list-style-type: none"><li>• <b>Green</b></li><li>• <b>Amber (orange)</b></li><li>• <b>Red</b></li></ul> Here is the list of ingredients from the label on a beef Lasagne.			
3b. Explain how the information on this label can help people who have food allergies to make safe choices.			
<b>NYA</b>  Inadequate or incorrect explanation given eg amounts, Reference Intake (or GDA), healthy eating, energy content. Response only refers to other information found on labels eg preparation instructions, best before dates, etc. Response only gives other advantages and disadvantages of the ready meal eg convenience or expensive rather than nutritional advantages and disadvantages.	Learners can <b>explain</b> how nutritional information on food labels can inform healthy eating.  <b>Green</b> The label shows that this minced beef and dumpling meal is low in sugar because it is shown in green meaning <b>Go</b> – only 5.1g per serving.  <b>Amber (orange)</b> The label shows that this minced beef and dumpling meal bake is medium for fat because it is shown in amber meaning <b>Take Care</b> as it has 16.1g of fat.  <b>Red</b> The label shows that this minced beef and dumpling meal is high in saturated fat and salt because this is shown in red meaning <b>Stop</b> as it has 8.7g of saturated fat and 2.3g of salt.  eg the label on the beef Lasagne shows allergy advice – it says that allergens are	Learners can explain how nutritional information on food labels can inform healthy eating <b>showing critical understanding (ability to deconstruct, analyse, evaluate and express an opinion)</b> .  <b>Green</b> The label shows that this minced beef and dumpling meal is low in sugar because it is shown in green meaning <b>Go</b> – only 5.1g which is 6% of the Reference Intake for a day.  <b>Amber (orange)</b> The label shows that this minced beef and dumpling meal is medium in fat because it is shown in amber meaning <b>Take Care</b> as it has 16.1g of fat which is 23% of the Reference Intake for a day. You could eat this but would need to think about the fat content of your other meals that day.  <b>Red</b> The label shows that this minced beef and dumpling meal is high in saturated fat and salt because this is shown in red meaning <b>Stop</b> as	Learners can explain how nutritional information on food labels can inform healthy eating <b>showing critical judgement (application of a critical understanding informing decisions)</b> .  <b>Green</b> The label shows that this minced beef and dumpling meal is low in sugar because it is shown in green meaning <b>Go</b> – only 5.1g which is 6% of the Reference Intake for a day. This is still some of the RI for sugar for your day and should not be in a savoury dish but is added for flavour and as a preservative.  Some people call this “hidden sugar” and shows how useful food labels are, for if you were watching your sugar intake, you would probably avoid this dish – it would be better to make your own as you can avoid sugar altogether.  <b>Amber (orange)</b> The label shows that this minced beef and dumpling meal is medium in fat because it is shown in amber meaning <b>Take Care</b> as it has 16.1g fat or 23% of the Reference Intake for a day. You could eat this but would need to think about the fat content of your other



	<p>shown in bold on the list of ingredients (milk , wheat, egg, mustard seed and celery salt). Someone who has an allergy to one of these foods would know not to eat it.</p>	<p>it has 8.7g of saturated fat, which is 44% of the Reference Intake, and 2.3g of salt which is 38% of the Reference Intake. You could eat this but would need to think about the fat and salt content of your other meals that day. If you had high cholesterol levels or high blood pressure you might want to avoid this product.</p> <p>eg the label on the beef Lasagne shows allergy advice – it says that allergens are shown in bold on the list of ingredients eg milk, wheat, egg, mustard seeds and celery salt. An allergen is a food that people are known to have allergies to; there are 14 common allergens which need to be shown on food labels by law. Someone who has an allergy to one of these foods would know not to eat it or they can suffer from an allergic reaction. It states it may contain nuts, which can be a life threatening allergy.</p>	<p>meals that day in order to stay within the Reference Intake guidance. RI is always given for an adult woman so a man might be able to exceed this a bit depending on his health, size, activity levels etc.</p> <p><b>Red</b></p> <p>The label shows that this minced beef and dumpling meal is high in fat and salt because this is shown in red meaning <b>Stop</b> as it has 8.7g of saturated fat, which is 44% of the Reference Intake and 2.3g of salt which is 38% of the Reference Intake. You could eat this occasionally but should not have it too often. You would also need to think about the fat and salt content of your other meals that day. If you had high cholesterol levels or high blood pressure you might want to avoid this product.</p> <p>eg the label on the beef Lasagne shows allergy advice – it says that allergens are shown in bold on the list of ingredients eg milk, wheat, egg, mustard seeds and celery salt. An allergen is a food that people are known to have allergies to; there are 14 common allergens which need to be shown on food labels by law. Someone who has an allergy to one of these foods would know not to eat it or they can suffer from an allergic reaction. This label also identifies that the allergens include cereals containing gluten – this is because it contains wheat flour in the pasta and is therefore high in gluten. Gluten is a common allergen; people with gluten intolerance and also those with coeliac disease need to know which products it is in so that they can be avoided. It also states it may contain nuts, which can be a life threatening allergy causing anaphylactic shock.</p>
<b>Glossary of Terms</b>	<b>Describe:</b> Define, explain.	<b>Critical understanding:</b> ability to deconstruct, analyse, evaluate and express an opinion.	<b>Critical judgement:</b> application of a critical understanding informing decisions.

Task 4a.			
Assessment criteria	Pass	Merit	Distinction
1.4 Explain healthy eating advice.	Learners will <b>explain</b> healthy eating advice.	Learners will <b>explain</b> healthy eating advice <b>in detail</b> .	Learners will <b>comprehensively explain</b> healthy eating advice.
Range:	<b>Healthy eating advice:</b> current UK government guidelines (eg fat, sugar, salt, fibre, and fruit and vegetables)		
4a. Explain the current UK government healthy eating advice and outline how it could help improve Andrew's diet.			
<b>NYA</b>  No, or inappropriate recommendations are given or the recommendations do not relate to the diary and the person.	Learners will <b>explain</b> healthy eating advice.  eg current healthy eating advice that Andrew could use to improve his diet:  1. Reduce the amount of fat you eat, especially saturated fats, as excess could lead to coronary heart disease. It will also make you overweight if you are taking in excess energy but not using it up in activity or exercise.  2. Reduce the amount of sugar you eat as excess will make you overweight if you are taking in excess energy but not using it up in activity or exercise.  3. Increase the amount of dietary fibre you eat as this will prevent constipation and diseases linked with this.  4. Cut down on salt as diets high in salt can give you high blood pressure and increase your likelihood of stroke.  5. Eat more fruit and vegetables – you should eat at least five portions a day of different fruits and vegetables for dietary fibre and also a good supply of different vitamins and minerals.  6. Have plenty of water in hot and cold drinks every day for hydration.	Learners will explain healthy eating advice <b>in detail (thorough and in depth)</b> .  eg current healthy eating advice that Andrew could use to improve his diet:  1. Reduce the amount of fat you eat, especially saturated fats which are mainly in animal fat, as excess could lead to coronary heart disease later in life due to raised cholesterol levels. It will also make you overweight if you are taking in excess energy but not using it up in activity or exercise.  2. Reduce the amount of sugar you eat as excess will make you overweight if you are taking in excess energy but not using it up in activity or exercise. Sugar can also lead to tooth decay.  3. Increase the amount of polysaccharide/dietary fibre you eat as this will prevent constipation and diseases linked with this. You should eat more wholegrains like wholemeal bread and brown rice.  4. Cut down on salt as diets high in salt can give you high blood pressure which may make your coronary heart disease worse and increase your likelihood of stroke. You can do this by not adding it to food and watching out for it in food products, often unexpected ones like breakfast cereals.	Learners will <b>comprehensively explain (all encompassing)</b> healthy eating advice.  eg current healthy eating advice that Andrew could use to improve his diet:  1. Reduce the amount of fat you eat, especially saturated fats, mainly animal fat, as excess could lead to coronary heart disease later in life due to raised cholesterol levels. It will also make you overweight if you are taking in excess energy but not using it up in activity or exercise. Avoiding processed foods and cooking foods yourself will help you to reduce your fat intake; also choose lower fat options when buying dairy foods, oils and spreads and processed foods.  2. Reduce the amount of sugar you eat as excess will make you overweight if you are taking in excess energy but not using it up in activity or exercise. Sugar can also lead to tooth decay. Avoiding processed foods and cooking foods yourself will also help you to reduce your sugar intake. Also choose lower sugar options when buying dairy foods and processed foods.  3. You are also advised to base your meals around starchy foods, with about one third of your total food being starchy carbohydrates like potatoes (not chips or roast), cereals, rice, pasta and bread, especially wholemeal. Starchy foods are filling and give fewer kilojoules of energy than fats so they are less likely to lead to obesity and do not contribute to heart disease.  4. Increase the amount of non-starch polysaccharide/dietary fibre you eat as this will prevent constipation and diseases linked with this, such as

	<p>7. Limit your daily energy intake to 2500 kcal per day for men.</p>	<p>5. Eat more fruit and vegetables – you should eat at least five portions a day of different fruits and vegetables for non-starch polysaccharide/dietary fibre and also a good supply of different vitamins, especially vitamins A and C and minerals such as calcium and iron. You can include one portion of pulses in your 5-a-day.</p> <p>6. Have plenty of water in hot and cold drinks every day for hydration; 6-8 glasses are recommended but do not have more than 150ml of fruit juice or smoothies.</p>	<p>bowel cancer and diverticulitis and also encourage weight loss by giving the feeling of fullness. You should eat more wholegrains like wholemeal bread and brown rice.</p> <p>5. Cut down on salt as diets high in salt can give you high blood pressure which may make your coronary heart disease worse and increase your likelihood of stroke. You can do this by not adding it to food and watching out for it in food products, often unexpected ones like breakfast cereals. Avoiding processed foods and cooking foods yourself will also help you to reduce your salt intake.</p> <p>6. Eat more fruit and vegetables – you should eat at least five portions a day of different fruits and vegetables for non-starch polysaccharide/dietary fibre and also a good supply of different vitamins, especially vitamins A and C, and minerals such as calcium and iron. You can include one portion of pulses; tinned (avoid ones with added sugar and salt) and frozen fruits and vegetables also count.</p> <p>7. Have plenty of water in hot and cold drinks every day for hydration; 6-8 glasses are recommended but do not have more than 150ml of fruit juice or smoothies as these are high in natural sugar.</p> <p>8. Look at food labels and be aware of the daily Reference Intake for fats, including saturated fat, sugar and salt. The adult Reference Intake shown on most food packages relates to the average intake for a woman so men can generally exceed this just a little.</p>
<b>Glossary of Terms</b>	<b><i>Describe:</i></b> Define, <b><i>explain.</i></b>	<b><i>Detailed:</i></b> Thorough and in depth.	<b>Comprehensive:</b> All-encompassing.

Tasks 4b, c, d.			
Assessment criteria	Pass	Merit	Distinction
1.6 Assess a food diary and make recommendations.	Learners will <b>assess</b> a food diary and make recommendations.	Learners will assess a food diary and make recommendations showing <b>critical understanding</b>	Learners will assess a food diary and make recommendations showing <b>critical judgement</b> .
Range:	<b>Recommendations:</b> including current healthy eating advice, individual requirements for a bAndrewced diet, RI/GDAs		
<b>4b.</b> Identify the healthy and less healthy foods in Andrew's meal diary. <b>4c.</b> Explain how Andrew's diet may be affecting his health now he has been identified as being at risk of developing coronary heart disease. <b>4d.</b> Using examples from his food diary, describe some changes that Andrew could make to his food choices to make his diet healthier.			
<b>NYA</b>  The food diary is inadequately or incorrectly assessed. Comments are general about bAndrewced diets rather than referring specifically to this food diary and the needs of the person who it is for. No or inappropriate recommendations are given or the recommendations do not relate to the diary and the person.	Learners can <b>assess</b> a food diary and make recommendations.  <b>Examples:</b>  <b>(4b) Healthy</b> eg Andrew has some vitamins in his evening meal when he eats some vegetables. He also has a banana and apples in his dessert.  He has some protein in his breakfast in the bacon and egg and in the chicken for his evening meal which will help with growth and repair of his body cells.  He has plenty of carbohydrates in bread and flapjack for energy.  <b>Less healthy</b> eg Andrew's diet seems to be high in fat from the fried breakfast items, the full fat milk, and the ham in the sandwich, the chocolate muffin and the crisps. This will contribute to making him prone to coronary heart disease later in life.  It is quite high in salt from the crisps which could cause high blood pressure.  It is also high in sugar from the sugar in his tea and coffee, the chocolate	Learners will identify healthy and less healthy foods to include an explanation that is <b>mostly</b> accurate of how the food choices may be affecting health and wellbeing.  Using examples from the food diary, learners will provide some descriptions that are <b>mostly</b> accurate of <b>some</b> of the changes that could be made to include <b>some</b> analysis <b>and/or</b> evaluation <b>and/or</b> opinion, <b>and or</b> reasons why.  <b>Examples:</b>  <b>(4b) Healthy</b> eg. Andrew has some vitamin A in the carrots he has with his evening meal. He also has peas which provide some Vitamin C.  He has some protein in his breakfast foods, in the bacon and egg and also he has ham for lunch and chicken for his evening meal which will help for growth and repair of his body cells and tissues eg muscles.  He has plenty of carbohydrates in the form of starch from bread, flapjack and potatoes.  <b>Less healthy</b> eg. Andrew's diet seems to be high in fat from the fried breakfast items, the full fat milk, and the ham in the sandwich, the chocolate muffin and the crisps. This will contribute to making	Learners will identify healthy and less healthy foods to include an explanation that is <b>fully</b> accurate of how the food choices may be affecting health and wellbeing.  Using examples from the food diary, learners will provide some descriptions that are <b>fully</b> accurate of <b>many</b> of the changes that could be made by providing and using <b>some</b> analysis <b>and/or</b> evaluation <b>and/or</b> opinion, <b>and/or</b> reasons to inform the accurate changes to food choices.  <b>Examples:</b>  <b>(4b) Healthy</b> eg Andrew has some vitamin A in the carrots which will help with his eyesight. He has some Vitamin C in the peas which helps his skin and gums be healthy, along with providing an anti-oxidant for his body.  He has some protein in the bacon and egg for his breakfast and in the ham for his lunch and the chicken for his evening meal for growth and repair of his body cells and tissues eg muscles.  He has plenty of carbohydrates in the form of starch from bread, flapjack and potatoes for energy. These foods also give Vitamin B group, which contribute to good health and assist in energy release.  <b>Less healthy</b> eg Andrew's diet seems to be high in fat from the fried breakfast items, the full fat milk, and the ham in the sandwich, the chocolate muffin and the crisps. This will

	<p>milkshake, chocolate muffin and the cola. This may also lead to him being overweight.</p> <p><b>4(c)</b></p> <p>Andrew does not have 5 portions of fruit and vegetables every day though he does have some. This may mean he is short of vitamins and minerals, which can give him eg poor skin, bones and teeth and poor general health.</p> <p><b>4(d)</b></p> <p>Andrew can have poached eggs and grilled bacon for breakfast to reduce the fat.</p> <p>He could have cereal or porridge.</p> <p>He can use sweeteners instead of sugar in his tea and coffee.</p> <p>He can swap the ham sandwich for a tuna and salad sandwich which is less fatty.</p> <p>He can eat fruit for snacks instead of cake and flapjack.</p> <p>He can swap the roast potatoes for boiled.</p>	<p>him prone to coronary heart disease later in life and is probably making him gain weight now.</p> <p>It is quite high in salt from the crisps and the ham, which contains salt, which could cause his high blood pressure later in his life.</p> <p>It is also high in sugar from the sugar in his tea and coffee, the chocolate milkshake, chocolate muffin and the coke which will cause tooth decay and this may also lead to him being overweight.</p> <p>Andrew does not have 5 portions of fruit and vegetables every day though he does have some, in that he has a banana for lunch and vegetables with his evening meal. This may mean he is short of vitamins and minerals, such as Vitamin A and C which can give him eg poor skin, bones and teeth and low energy levels, as well as lowered resistance to infection and poor general health.</p> <p><b>4(c)</b></p> <p>Andrew is eating lots of fatty and sugary foods. He may be gaining weight.</p> <p>He will be at risk of type 2 diabetes in the future if he continues to eat lots of sugary foods.</p> <p>Andrew may also be getting tooth decay.</p> <p>His lack of fruit and vegetables means he is missing vitamins and minerals which may affect his skin, gums, digestions and nerves.</p> <p>He lacks calcium so may get weak bones or osteoporosis in later in life.</p>	<p>contribute to making him prone to raised cholesterol levels which can lead to coronary heart disease later in life, and is probably making him gain weight now. It is quite high in salt from the crisps and the ham, which is a highly processed meat, which can cause high blood pressure later in life leading to stroke and heart disease.</p> <p>It is also high in sugar from the sugar in his tea and coffee, the chocolate milkshake, chocolate muffin and the coke which will cause tooth decay and this may also lead to him being overweight.</p> <p>Andrew does not have 5 portions of fruit and vegetables every day though he does have some, in that he has a banana for lunch and vegetables with his evening meal. This may mean he is short of vitamins and minerals, such as Vitamin A and C which can give him, eg poor skin, bones and teeth and low energy levels, as well as lowered resistance to infection and poor general health.</p> <p><b>4(c)</b></p> <p>Because Andrew's diet is high in fat and sugar he will be gaining weight, which may develop into obesity later in life, causing further joint problems.</p> <p>Andrew may suffer from depression and isolation if he becomes obese.</p> <p>His sugar intake will be affecting his teeth, giving him dental cavities.</p> <p>His lack of vitamins means he may suffer from poor night vision, poor skin health, increase in infections and poor healing of cuts.</p> <p>His lack of calcium means he will be at risk of rickets and osteoporosis later in life.</p> <p>His lack of iron may mean he will become anaemic and very tired.</p> <p>He needs to eat plenty of protein for growth and repair in his body.</p>
--	--	--	--

		<p><b>4(d)</b></p> <p>Instead of fried bacon and egg he can grill the bacon and have a poached egg to reduce the amount of fat or have porridge to give starchy carbohydrates.</p> <p>He should swap the sugar in his tea and coffee for sweeteners.</p> <p>His mid-morning snack needs to be changed as it is sugary, so he could swap for a banana to give extra fruit and carbohydrates, with a glass of milk for calcium.</p> <p>His lunch is very fatty and salty so can be swapped for a wholemeal bread sandwich with tuna and salad. He can have milk or water as a drink.</p> <p>He could swap the chocolate muffin for a cereal bar to give energy, and the diet coke for orange juice to give Vitamin C.</p> <p>He needs to remove the skin from the roast chicken and swap the roast potatoes for boiled to reduce the fat content of the meal.</p> <p>He needs to swap the crisps and coke for his evening snack to some wholemeal toast and a glass of milk.</p>	<p>Andrew needs to eat more fruit and vegetables for his five a day minimum requirement.</p> <p><b>4(d)</b></p> <p>Instead of fried bacon and egg he can grill the bacon and have a poached egg to reduce the amount of fat or his breakfast could be changed to starchy carbohydrates to fill him up and provide slow release energy so he could have either porridge with fruit or whole wheat cereal.</p> <p>He should use sweeteners instead of sugar with his tea and coffee.</p> <p>His mid-morning snack needs to be changed as it is fatty and sugary, so he could swap for a banana to give extra fruit and carbohydrates, with a glass of milk for calcium.</p> <p>His lunch is very fatty and salty so can be swapped for a wholemeal bread sandwich with tuna or cheese and salad. He can have milk or water as a drink.</p> <p>His afternoon snack needs to be swapped for something healthier such as a cereal bar and orange juice to give carbohydrates and some Vitamin C, and provide one of his five a day fruit and vegetables.</p> <p>The evening meal is OK, but he should remove any skin from the chicken to reduce the fat, and add extra vegetables, He could have boiled potatoes instead of roast to further reduce the amount of fat.</p> <p>His evening snack is also full of fat, salt and sugar, so should be swapped for a slice of toast and jam, preferably wholemeal toast with a glass of milk. This will keep him full for the rest of the evening.</p>
<b>Glossary of Terms</b>	<b>No glossary</b>	<b>Critical understanding:</b> ability to deconstruct, analyse, evaluate and express an opinion.	<b>Critical judgement:</b> application of a critical understanding informing decisions.

Task 5a.			
Assessment criteria	Pass	Merit	Distinction
2.1 Assess a recipe in terms of its contribution to healthy eating.	Learners will <b>assess</b> a recipe in terms of its contribution to healthy eating.	Learners will <b>assess</b> a recipe in terms of its contribution to healthy eating showing <b>critical understanding</b> .	Learners will <b>assess</b> a recipe in terms of its contribution to healthy eating showing <b>critical judgement</b> .
Range:	<i>Recipe: eg cooking method, ingredients, portion size, serving suggestion, cost.</i>		
5a. Explain the healthy and less healthy features of the chicken and chorizo bake recipe.			
<b>NYA</b> The recipe is inadequately or incorrectly assessed. Comments are general about healthy eating rather than referring specifically to the ingredients and method for this recipe.	Learners will <b>assess</b> a recipe in terms of its contribution to healthy eating.  <b>Healthy features</b> eg The vegetables are some of the recommended five a day. The vegetables give vitamins. The chicken gives protein. The chorizo gives protein. The potatoes give carbohydrate.  <b>Less healthy features</b> eg The chicken is fried so is fatty. The chicken skin will contain fat. The chorizo contains a lot of salt. The cream contains fat. The stock will be salty.	Learners will <b>assess</b> a recipe in terms of its contribution to healthy eating showing <b>critical understanding (ability to deconstruct, analyse, evaluate and express an opinion)</b> .  <b>Healthy features</b> eg The chicken is a good source of protein which is used for growth and repair.  The chorizo also contains protein.  The peppers and sweet potatoes count towards the five-a day-fruit and vegetable portions.  The peppers contain vitamin A and fibre which helps eyesight and digestion.  The sweet potato contains vitamin A and fibre.  The potatoes are a good source of carbohydrate which provides energy.  <b>Less healthy features</b> eg The chorizo is a processed meat with high levels of fat and salt which contributes to weight gain, heart disease and high blood pressure.  The chicken has its skin on which makes it fatty, contributing to weight gain.	Learners will assess the recipe to identify <b>most</b> of the healthy <b>and</b> less healthy features. Learners will provide an explanation that is <b>fully</b> accurate of <b>many</b> healthy and less healthy features by providing and using <b>some</b> analysis <b>and/or</b> evaluation <b>and/or</b> opinion, <b>and or</b> reason that informs their explanation.  <b>Healthy features</b> eg The chicken is a good source of protein which is used for growth and repair, and can be used as a secondary energy source.  The chorizo also contains protein.  The peppers and sweet potatoes count towards the five a day fruit and vegetable portions.  The peppers contain vitamin A and fibre which helps eyesight and digestion and helps prevent constipation.  The sweet potato contains carbohydrate, Vitamin A and fibre.  The potatoes are a good source of carbohydrate which provides energy for the body.  <b>Less healthy features</b> eg The chorizo is a processed meat with high levels of fat and salt which contributes to weight gain, heart disease and high blood pressure. It is recommended

		<p>The onion and chicken are fried before they are added to the casserole which adds extra fat.</p> <p>The chicken stock cube is high in salt, which can cause high blood pressure.</p> <p>The double cream is high in fat.</p>	<p>that we do not eat too much processed meat as this can contribute to bowel cancers.</p> <p>The chicken has its skin on which makes it fatty, contributing to weight gain and high cholesterol levels, causing heart disease.</p> <p>The onion and chicken are fried before they are added to the casserole which adds extra fat.</p> <p>The chicken stock cube is high in salt, which can cause high blood pressure.</p> <p>The double cream is high in fat.</p>
<b>Glossary of Terms</b>	<b>No glossary</b>	<b>Critical understanding:</b> ability to deconstruct, analyse, evaluate and express an opinion.	<b>Critical judgement:</b> application of a critical understanding informing decisions.



Task 5b.			
Assessment criteria	Pass	Merit	Distinction
2.2 Explain how the recipe could be changed to make the finished dish healthier.	Learners will <b>explain</b> how the recipe could be changed to make the finished dish healthier.	Learners will <b>explain in detail</b> how the recipe could be changed to make the finished dish healthier.	Learners will <b>comprehensively explain</b> how the recipe could be changed to make the finished dish healthier.
<b>5b.</b> Explain how you could change the recipe to make the finished chicken and chorizo bake healthier to eat.			
<b>NYA</b>  No or inappropriate recommendations are given or the recommendations do not relate to this specific recipe or to making the dish healthier eg if answer concentrates on making it look or taste better.	Learners will <b>explain</b> how the recipe could be changed to make the finished dish healthier.  eg The chicken and chorizo bake could be changed by: removing the skin from the chicken to reduce fat grill the chicken instead of frying it make your own stock instead of using a stock cube to reduce salt add extra vegetables instead of chorizo to reduce the fat and salt.	Learners will <b>explain in detail (thorough and in depth)</b> how the recipe could be changed to make the finished dish healthier.  eg The chicken and chorizo bake could be changed by: removing the skin from the chicken to reduce fat, or using skinless chicken breast grill the chicken instead of frying it to reduce the amount of fat steam or boil the onions instead of frying them make your own stock instead of using a stock cube to reduce salt, or add water with extra herbs as the liquid use a reduced fat chorizo instead of full fat  remove the chorizo completely to reduce the fat and salt levels and add extra vegetables to reduce the fat and salt use single cream instead of double cream as it contains less fat.	Learners will <b>comprehensively explain (all encompassing)</b> how the recipe could be changed to make the finished dish healthier.  eg The chicken and chorizo bake could be changed by: removing the skin from the chicken to reduce fat, or using skinless chicken breast which cooks faster and would not need frying before cutting up and putting in the bake grill the chicken instead of frying it to reduce the amount of fat and then cut it into pieces steam or boil the onions instead of frying them which will reduce the fat content make your own stock using vegetable peelings and add herbs for flavouring instead of using a stock cube to reduce salt, or add water with extra herbs as the liquid use a reduced fat chorizo instead of full fat to reduce the fat content remove the chorizo completely to reduce the fat and salt levels and add extra vegetables to reduce the fat and salt and give a variety of vitamins and extra fibre use single ream or creme fraiche instead of double cream as it is less fatty.
<b>Glossary of Terms</b>	<b>Describe:</b> Define, <b>explain</b>	<b>Detailed:</b> Thorough and in depth	<b>Comprehensive:</b> All-encompassing

Task 5c.			
Assessment criteria	Pass	Merit	Distinction
2.3 Describe other factors that could affect the finished dish.	Learners will <b>describe</b> other factors that could affect the finished dish	Learners will <b>describe in detail</b> other factors that could affect the finished dish.	Learners will <b>describe comprehensively</b> other factors that could affect the finished dish.
Range:	<b>Other factors:</b> eg taste, texture, moisture, appeal, appearance.		
5c. Describe how the changes you have suggested to the recipe could affect the sensory features of the finished chicken and chorizo bake, such as taste, texture, moisture, appearance and appeal.			
<b>NYA</b>  No or incorrect factors are identified as potentially affecting the dish. Inadequate or incorrect description of these factors and their effects are given. The factors do not relate to the specific recipe or dish.	Learners can <b>describe</b> other factors that could affect the finished dish.  eg: removing the skin from the chicken will mean it is not as brown the chicken will not be as crisp to eat without skin the chicken will be less fatty if grilled the taste will not be as salty if a stock cube is not used extra vegetables will add different colours to the dish.	Learners can <b>describe in detail (thorough and in depth)</b> other factors that could affect the finished dish.  eg: removing the skin from the chicken will make it softer and pinker instead of brown using chicken breast will mean the meat is white instead of light brown the onions will be softer and not crisp if they are boiled or steamed instead of being fried the stock will be less salty if herbs are used instead of salt the chorizo will be less fatty if a low fat version is used adding extra vegetables will add different colours, a more crunchy texture and flavours to the dish the single cream will make the sauce less fatty than double cream.	Learners can <b>describe comprehensively (all encompassing)</b> other factors that could affect the finished dish.  eg: removing the skin from the chicken will make it less crisp and softer and pinker instead of brown using chicken breast will mean the meat is white instead of light brown and the texture of the meat will be softer than the thigh meat the onions will be softer and not crisp if they are boiled or steamed instead of being fried the stock will be less salty if it is homemade and herbs are used instead of salt the chorizo will be less fatty if a low fat version is used and will have a closer, chewier texture adding extra vegetables will add different colours, a more crunchy texture and flavours to the dish the single cream or creme fraiche will make the sauce less fatty than double cream, and it will not taste as rich.
Glossary of Terms	<b>Describe:</b> Define, <b>explain</b> .	<b>Detailed:</b> Thorough and in depth.	<b>Comprehensive:</b> All-encompassing.