

External Assessment **practice** paper

NCFE Level 1 Certificate in Health and Fitness (601/4662/X)

Unit 02 Understanding a healthy lifestyle
(F/506/7538)

Paper number: Practice Paper 1 **This is NOT a live paper**

Assessment date: not applicable

Time allowed: 1 hour 30 minutes

Candidate number:	
First name:	
Surname:	
Centre number:	

Candidate declaration:

I confirm that the work contained in this external assessment is all my own work.
I have not copied work from anyone else.
I have not copied work directly from handouts/internet/textbooks or any other publication.
If I have used a quote, then I have referenced this appropriately.

Candidate's signature:

Date:

Grade achieved To be completed by the Examiner	
--	--

Guidance for candidates

- Make sure you're familiar with the assessment criteria and grading descriptors for this unit. These are included within the Tasks. If you're aiming for a Merit or Distinction it's particularly important that you're familiar with what these grades require, as you work through the Tasks.
- Read through all the Tasks before you start writing your answers and make sure that you understand:
 - what you need to do to complete the assessment
 - how much time you need to allow for each Task

Instructions for candidates

- Complete your name, your centre number and your candidate number on the front of this external assessment paper.
- You have 1 hour 30 minutes to complete the assessment. It consists of 7 Tasks
- You must complete all parts within the Tasks in order to address all the assessment criteria. You cannot achieve a Pass grade unless you meet the required standard for the assessment criteria.
- Write your responses to the Tasks in the spaces provided.
- All the work you submit must be your own.
- You may use extra paper if you need it. You must write your name, your centre number and your candidate number on any additional paper. This must be securely attached to this answer booklet.
- Once you've completed your external assessment you must sign the candidate declaration on the front of this answer booklet, to declare that the work produced is your own.
- At the end of the assessment the Invigilator will collect this answer booklet and any additional paper if used.

Resources

- You may use all of the material given within the external assessment paper, but no other resources should be taken into the examination room.
- You're not allowed to use the internet or any other reference material to help you complete the Tasks.

External assessment

You **must** attempt all Tasks in this external assessment.

These are the tasks you need to do:

Task 1

You must ensure your work in Task 1 addresses assessment criteria: 1.1. You can find the assessment criteria at the end of this Task.

You've been asked to help people understand what is meant by a healthy diet.

Someone shows you a headline about 'superfoods' from a newspaper:

5 foods to keep you healthy!

Eat these 5 foods every day
to stay fit and healthy:

spinach
salmon
walnuts
eggs
carrots

Complete the following:

Spinach can be part of a healthy diet because:

.....

.....

.....

.....

Salmon can be part of a healthy diet because:

.....
.....
.....
.....

Walnuts can be part of a healthy diet because:

.....
.....
.....
.....

Eggs can be part of a healthy diet because:

.....
.....
.....
.....

Carrots can be part of a healthy diet because:

.....
.....
.....
.....

Assessment Criteria	Pass	Merit	Distinction
1.1 Identify what is meant by a healthy diet	Candidates will identify what is meant by a healthy diet	Candidates will clearly identify what is meant by a healthy diet	Candidates will identify in detail what is meant by a healthy diet

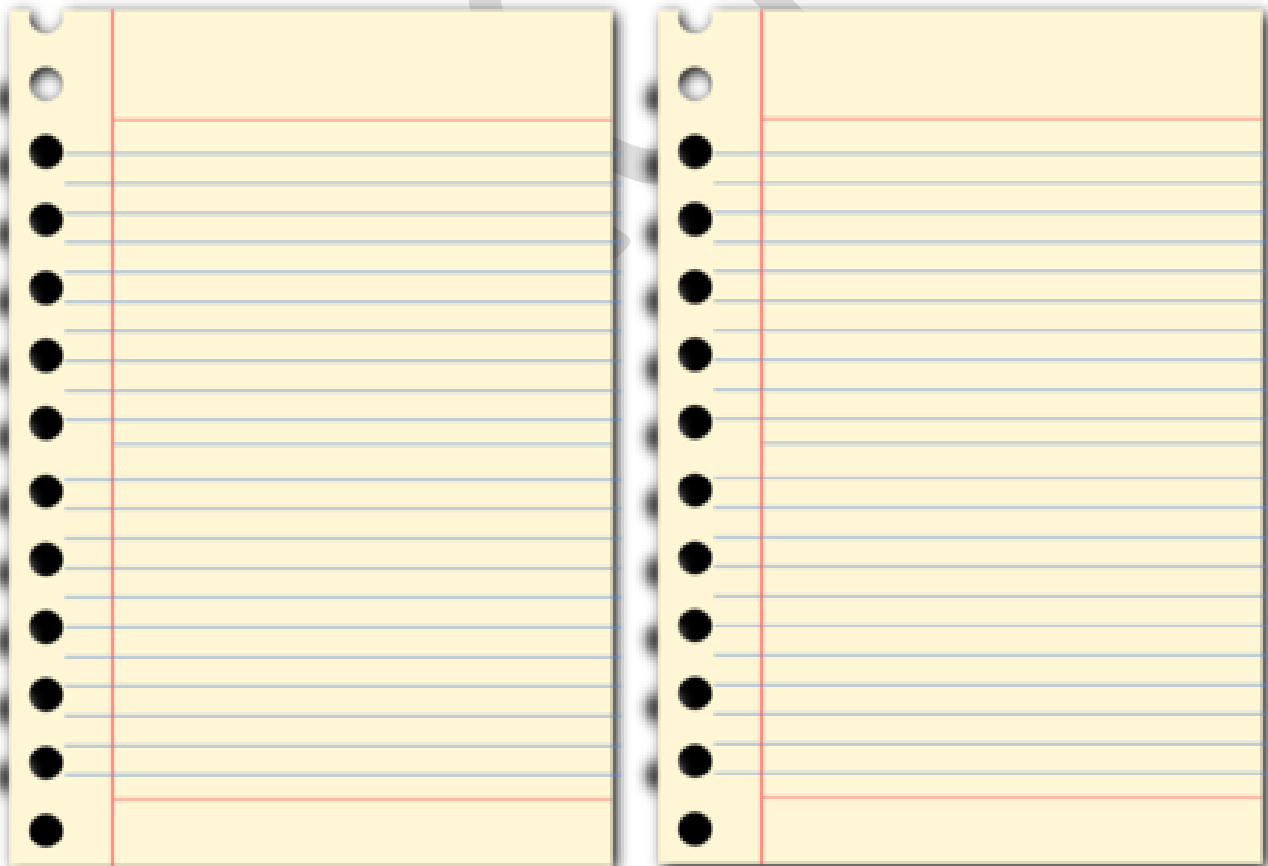
Task 2

You must ensure your work in Task 2 addresses assessment criteria: 1.2. You can find the assessment criteria at the end of this Task.

Some people have unhealthy diets. You want them to understand what an unhealthy diet is. Look at the information below. A man shows you what he eats on a typical day:

7am	1 cup of black coffee
11am	1 small bar of chocolate
1pm	Ham and cheese sandwich Glass of orange juice
3pm	1 apple 1 packet of crisps
6pm	Pizza and chips Bread and butter
8pm	2 cups of black coffee

You decide to write some notes for him to identify the things he eats or drinks which are unhealthy. Write your notes on the pad below.



The image shows two blank, lined notepad pages. Each page has a vertical red margin line on the left side and horizontal blue lines for writing. The pages are yellow and have a spiral binding on the left edge.

Assessment Criteria	Pass	Merit	Distinction
1.2 Give examples of an unhealthy diet	Candidates will give a limited range of examples of an unhealthy diet	Candidates will give a range of examples of an unhealthy diet	Candidates will give a wide range of examples of an unhealthy diet

PRACTICE

Task 3

You must ensure your work in Task 3 addresses assessment criteria: 1.3. You can find the assessment criteria at the end of the Task.

Raymond is 35 years old and lives on the outskirts of a small town. He does not have a car. He works long hours in a fast food restaurant and travels to work by bus. When he's not at work he watches TV or plays games on his computer.

He asks you about the everyday factors that could affect his diet. Make notes on the pad below.

Everyday factors that could affect his diet.
Example:
Location - he eats lots of unhealthy fast food because it's available easily where he works

Assessment Criteria	Pass	Merit	Distinction
1.3 Identify everyday factors that could affect diet	Candidates will identify everyday factors that could affect diet	Candidates will clearly identify factors that could affect diet	Candidates will identify in detail factors that could affect diet

Task 4

You must ensure your work in Task 4 addresses assessment criteria: 1.4. You can find the assessment criteria at the end of the Task.

A government report has found the following information about the diet of children in England:

Children eat 50% more saturated fat than is recommended

Children eat 50% more sugar than is recommended

Children eat 75% less fresh fruit than is recommended

Outline how children's diets can affect health

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Assessment Criteria	Pass	Merit	Distinction
1.4 Outline how an unhealthy diet can affect health	Candidates will outline how an unhealthy diet can affect health	Candidates will outline how an unhealthy diet can affect health showing a clear understanding	Candidates will give a detailed outline how an unhealthy diet can affect health

Task 5

You must ensure your work in Task 5 addresses assessment criteria: 2.1. You can find the assessment criteria at the end of the Task.

During the 'Food and Fitness Week', you are part of a team answering people's questions. A boy comes to ask you about the energy balance equation.

Choose **one** of the following to help him understand it. Tick one of the following.

The energy balance equation is:

a. A target for the calories that you should consume and use each day.	
b. The relationship between calories you consume and use each day.	
c. A reminder that you must eat less to lose weight.	
d. An important way of keeping to a healthy weight.	
e. More important for older people than younger people.	

Assessment Criteria	Pass	Merit	Distinction
2.1 Define the energy balance equation	Candidates will give a basic definition of the energy balance equation	Candidates will confidently define the energy balance equation	Candidates will give a detailed definition of the energy balance equation

What you need to do at the end of the external assessment

1. Check that you have completed your name, your centre number and your candidate number on the front of this booklet
2. If you have used additional paper, complete your name, centre number and candidate number of each page and securely attach to this answer booklet
3. Sign the declaration on the front of this answer booklet

THIS IS A PRACTICE PAPER ONLY.

All the material in this publication is copyright.