

External Assessment

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

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

Paper Number: P000435
Assessment Date: 1.30pm
Assessment Time: 1 November 2017

Complete your details below:

Centre name		Centre number	
Learner name		Learner number	
Learner 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. My full name above is my registered name with NCFE. Learner signature: _____ Date: _____			

Total time allowed – 2 hours

Instructions continue on the next page, please turn over.

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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Instructions for learners

- Read the paper carefully and check
 - what you need to do to complete the assessment
 - how much time you need to allow for each Task.
- Write your responses to the Tasks in the spaces provided. If you need more space you may use extra paper. Make sure that any extra paper is labelled clearly with your name, learner number, centre name and centre number and is securely attached to this answer booklet.
- If you write your answers using a word processor, you **must** make sure that any printouts are labelled clearly with your name, learner number, centre name and centre number and are securely attached to this answer booklet.
- You **MUST** attempt **all parts** of the Tasks to address the assessment criteria fully. You cannot achieve a Pass grade unless you meet the required standard in all of the Tasks.
- Make sure you use the assessment criteria and grading descriptors for this external assessment, these are included in the Tasks. If you are aiming for a Merit or Distinction it is particularly important that you are familiar with what these grades require.
- All the work you submit for the external assessment **must** be:
 - your own work
 - clearly identified with your name, learner number, centre name and centre number and the Task number so that the Examiner is able to grade it.
- All work for this external assessment **must** be completed at your centre within the invigilated timed session.

Resources

- No other resources can be taken into the examination room.
- You **cannot** use the internet in this assessment.

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

Task 1

You **must** ensure your work in Tasks 1a and 1b addresses assessment criteria 1.1 and 1.2. You can refer to the assessment criteria at the end of each Task.

Current healthy eating advice recommends that we all eat a balanced diet.

1a. Explain what a **balanced diet** is, giving examples to support your answer.

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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

1b. Complete the tables below to provide information about the following nutrients needed in a balanced diet.

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

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

Vitamin D
Give examples of good sources for this nutrient.
Describe the functions of this nutrient in the body.
Describe the effects of not eating enough of this nutrient.

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

Task 2

You **must** ensure your work in Tasks 2a, 2b, 2c and 2d addresses assessment criterion 1.3. You can refer to the assessment criterion at the end of the Task.

Marco is an 80 year old man. He finds walking difficult so he does not get to the shops very often. This means that he eats a lot of ready meals from the freezer and does not eat many fresh foods, such as fruit and vegetables.

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

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2b. Identify the nutrients that Marco may be having **too much of** in his diet **and** explain your reasons.

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

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2d. Understanding the nutritional needs for pre-school children is vital to their growth and development, health and well-being.

Explain the importance of good nutrition for pre-school children **and** how this can be achieved.

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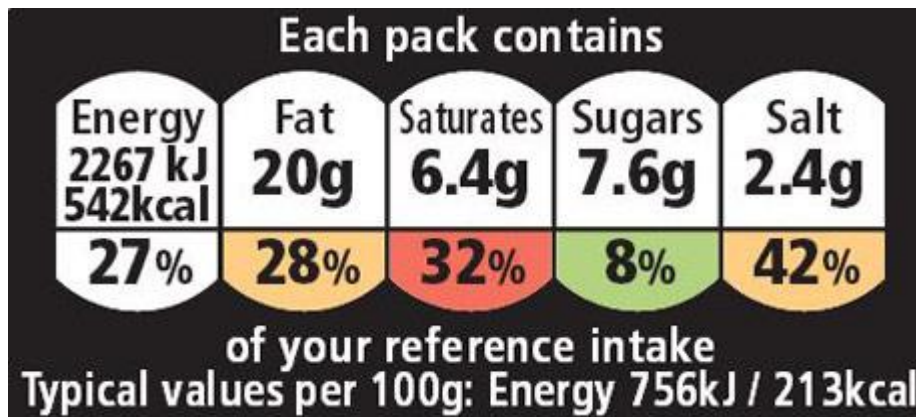
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Assessment criteria	Pass	Merit	Distinction
1.3. Explain nutrient requirements for different groups of people	Learners will explain nutrient requirements for different groups of people	Learners will explain in detail nutrient requirements for different groups of people	Learners will comprehensively explain nutrient requirements for different groups of people

Task 3

You **must** ensure your work in Tasks 3a and 3b address assessment criterion 1.5. You can refer to the assessment criterion at the end of the Task.

Here is a label from a chilled chicken and ham pasta salad with mayonnaise.



3a. Explain how the colour coded nutritional information on the label can help people make sensible food choices for healthy eating.

Green

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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 pre-packed chilled sandwich.

The Sandwich Factory

Cheese and Onion Brown Bread Sandwich

INGREDIENTS: Brown Bread with Oatmeal, Mayonnaise, Cheddar cheese (**Milk**), Onion.

Brown Bread with Oatmeal contains - **Wheat** flour (contains Calcium Carbonate, Iron, Niacin, Thiamin), Water, **Oatmeal**, **Oats**, **Wheat** Bran, **Wheat** Protein, Yeast, Salt, Emulsifiers, Spirit Vinegar, Palm Oil, Sugar, Malted **Barley** Flour.

Mayonnaise contains – Rapeseed Oil, Water, **Egg**, Spirit Vinegar, Salt, Sugar.

ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in **bold**.

3b. Explain how the information on this label will help someone who has a food allergy.

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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

Task 4

You **must** ensure your work in Task 4a addresses assessment criteria 1.4 and work in Tasks 4b, 4c and 4d addresses assessment criteria 1.6. You can refer to the assessment criteria throughout the Task.

Tom is an 18-year-old male student who spends a lot of time studying and does not have much time to cook. He does not eat meat or fish and he wants you to check how healthy his diet is.

You ask him to keep a food diary.

Here is Tom's food diary for an average day.

Breakfast	Bowl of whole wheat cereal with whole milk 2 tbsp raisins Cup of coffee with whole milk and sugar
Mid-morning snack	1 apple Cup of coffee with whole milk and sugar
Lunch	2 white rolls with cheese and onion Packet of crisps Chocolate biscuit Can of cola
Mid-afternoon snack	1 banana Cup of coffee with whole milk and sugar
Evening meal	Tomato and cheese pizza (frozen) 4 slices of garlic bread Chocolate ice cream Glass of water
Evening snack	2 fried onion bhajis (takeaway) Can of cola

4a. Explain the UK Government's current healthy eating advice **and** how it can be used by Tom to improve his 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

4b. Assess the healthy and less healthy features of Tom's food diary.

Healthy features

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Less healthy features

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4c Explain how Tom's food choices may be affecting his health and well-being.

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4d. Using examples from his food diary, describe the changes that Tom could make to his food choices in order to make his diet healthier.

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Assessment criteria	Pass	Merit	Distinction
1.6 Assess a food diary and make recommendations	Learners will assess a food diary and make recommendations	Learners will assess a food diary and make recommendations showing critical understanding	Learners will assess a food diary and make recommendations showing critical judgement

Task 5

You **must** ensure your work in Tasks 5a, 5b and 5c address 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 home-made burgers.

Home-made Burgers

Ingredients (serves 4)

500g minced beef
1 onion, chopped
1 egg, beaten
1 tbsp vegetable oil
1 tsp salt
pinch of pepper

To cook

100 ml vegetable oil

To serve

4 slices cheddar cheese
4 tbsp mayonnaise
4 lettuce leaves, shredded
4 wholemeal bread rolls, halved
1 large tomato, sliced
1 large pickled gherkin, sliced
1 small red onion, sliced

Method

1. Place the minced beef, chopped onion, egg, 1tbsp vegetable oil, salt and pepper in a large bowl and mix thoroughly.
2. Divide the mixture into 4 and shape the burgers using your hands.
3. Heat the 100ml of oil in a shallow frying pan and fry for about 6-7 minutes on each side until they are cooked through and golden brown.
4. Top each burger with a slice of cheddar cheese for the last few minutes of cooking time.
5. Before serving, mix the mayonnaise with the lettuce.
6. Place the lettuce and mayonnaise mix on the lower half of the wholemeal bread rolls, then the burger and cheese, followed by slices of tomato, pickled gherkin and red onion and the top layer of the bread rolls.
7. Serve the burgers with French fries and tomato ketchup.



5a. Explain the healthy and less healthy features of the home-made burgers 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

5b. Explain how you could change the recipe to make the finished home-made burgers 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

5c. Describe how the changes you have suggested to the recipe could affect the finished home-made burgers in other ways, such as taste, texture, moisture, appeal and appearance.

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Assessment criteria	Pass	Merit	Distinction
2.3. Describe other factors that could affect the finished dish	Learners will describe other factors that could affect the finished dish	Learners will describe in detail other factors that could affect the finished dish	Learners will comprehensively describe other factors that could affect the finished dish

What you need to hand in after your external assessment

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

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

Make sure that:

- all your work, including any extra paper, is clearly identified with the Task number, your name, centre name, centre number and your learner number
- you have signed the learner declaration on the front page of this external assessment paper.

Any remaining time can be spent checking your responses to the Tasks.

This is the end of the external assessment.