



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

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

7 November 2018

Mark Scheme

Assessment criteria	Task no.	NYA	Pass	Merit	Distinction
1.1 Identify what is meant by a healthy diet. <i>Range: Healthy diet: eating the right combination of different foods e.g. carbs, fats, minerals and proteins, five-a-day, eat well plate, food pyramid.</i>	1a	No healthy foods mentioned or only one food group identified. No balance or variety. Incorrect definition.	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.
			Barry has heard the term 'healthy diet' and would like to know more about what this means. Outline what the term healthy diet means.		
			A basic definition. For example, variety of foods leads to a healthy lifestyle, right combination.	Definition showing clear knowledge. The Pass criteria plus examples e.g. carbohydrate, protein, fat, five fruit and vegetables a day and/or the Eat Well plate.	Detailed definition with examples. Examples might include e.g. range of fruit and vegetables/chicken/balanced meal examples. Or a more detailed description showing clear knowledge e.g. the use of carbohydrates or proteins.
1.2 Give examples of an unhealthy diet. <i>Range: Unhealthy diet: e.g. not enough fruit and vegetables. Too much fat and sugar etc.</i>	1b	Not providing unhealthy examples.	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
			Barry is concerned that his current diet is unhealthy and would like some advice about which foods and drinks he should try to avoid. To help Barry, make a list below of unhealthy foods and drinks. The list has already been started for you.		
			Basic suggestions from limited food groups. Be aware of cultural differences and experiences.	Range of foods from different food groups.	Wide range of foods from different food groups. Cooking methods might also be used.

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1.3 Identify everyday factors that could affect diet. <i>Range: Factors: e.g. money, culture, religion, health, peer pressure, location, mobility, time.</i>	2	Only one factor with description/ incorrect factor or description.	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.
			Barry would like more information about the different factors that can affect his diet. Fill in the table below by identifying some of these factors and explaining why they could affect Barry's diet. The first one has been done for you. Give up to three more.		
			More than one factor identified with a basic description e.g. time – if you have less time, you are more likely to order takeaway.	Factors identified with some relevant detail e.g. time – you are more likely to snack on the go and buy convenience foods that are high in fat and sugar.	Factors identified and described in detail e.g. time – if you have less time you are more likely to order takeaway, or if you have less time, you might plan a weekly shop to ensure you have everything you need.
1.4 Outline how an unhealthy diet can affect health. <i>Range: Affect health: e.g. coronary heart disease, eating disorders, diabetes, prone to infection, obesity, cancer.</i>	3	Correct medical condition but no reason.	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 of how an unhealthy diet can affect health.
			Barry has heard that an unhealthy diet can lead to some medical conditions and would like more information about this. In the tables below, name some medical conditions and outline how an unhealthy diet could lead to them. The first one has been done for you. Fill in up to four more.		
			Basic description of one medical condition and limited other knowledge e.g. poor diet leads to diabetes.	More than one factor identified with a clear description or a detailed explanation of one medical condition e.g. a high fat and sugar diet can mean a person puts on weight, leading to obesity.	Detailed description of more than one factor with consequences. Emphasis on higher level of detail or linking the medical conditions e.g. similar effects for coronary heart disease and obesity.

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2.1 Define the energy balance equation. <i>Range: Energy balance equation: energy intake (food intake) minus energy used (number of calories burned through Active Daily Living (ADL), physical activity, exercise etc.).</i>	5a & 5b	Incorrect information used in the equation. Nothing that can be used from 2.2 (5c).	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.
			Barry has heard about the energy balance equation and would like more information about it. a. Complete the energy balance equation using the boxes below. b. In your own words, describe the energy balance equation.		
			Basic definition e.g. food in minus exercise/energy out gives a balance.	Clear definition with some detail e.g. energy intake (the food and drink you consume) minus the energy used (for daily activities and exercise) equals energy balance.	Detailed description with correct definition in either e.g. if you take in too much energy intake, you are likely to put on weight if energy output is the same.
			This task is marked holistically between a and b. Potential to positive mark from 2.2.		
2.2 Apply knowledge of the energy equation to a specific purpose.	5c	Incorrect information showing incorrect analysis.	Candidates will apply knowledge of the energy equation to a specific purpose.	Candidates will confidently apply knowledge of the energy equation to a specific purpose.	Candidates will effectively apply knowledge of the energy equation to a specific purpose.
			Barry would like to know how the energy balance equation could help him to lose weight. c. Apply your knowledge of the energy balance equation to give advice to Barry on losing weight.		
			Basic knowledge of energy balance linked to the customer. Can also give one side of the equation with basic knowledge e.g. exercising will mean losing weight. Can be marked holistically with 2.1 – if in the description for 2.1 they answer this task, award the Pass.	Clear application with knowledge linked to the scenario e.g. energy intake is important to monitor to lose weight or energy expenditure needs to increase and be monitored (one side given of the equation but with more detail).	Detailed description with application of knowledge e.g. energy intake and energy expenditure need to be monitored to lose weight. Energy intake needs to be lower or energy expenditure needs to be higher.

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3.1 Outline how diet affects exercise performance. <i>Range:</i> <i>Performance: how effectively an exercise activity is carried out.</i>	4	No link shown between diet and exercise performance.	Candidates will outline how diet affects exercise performance.	Candidates will clearly outline how diet affects exercise performance.	Candidates will effectively outline how diet affects exercise performance.
			Barry cycles on a regular basis and is looking to improve his cycling performance. Outline how diet will affect Barry's cycling performance.		
			Brief/basic link of giving the advice that diet does affect performance/ importance of monitoring diet e.g. more energy.	Detailed outline with examples identified. For example, eating pasta or carbohydrates gives more energy.	Distinction – detailed outline with developed example(s) including reasons. Reference to food such as carbohydrates for energy or protein for muscle repair/build. This gives more energy. This helps the client because they can cycle for longer. Or if the participant eats a lot before a ride, he might feel heavy, or too little will mean less energy.