



External Assessment

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

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

Paper number: P000650

Assessment date: 19 March 2019

Time: 9.00am

Complete your details below:

Centre name		Centre number	
Learner name		Learner number	

Time allowed – 1 hour 30 minutes

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	
2.1	
2.2	
3.1	

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Scenario

Your Head Teacher wants you to lead a group of children to promote healthy lifestyles within your school.

A Year 7 boy called Jack is a member of your team.

You are the Team Leader and need to answer some of Jack's questions about health and fitness.

Task 1

You **must** make sure your work in Task 1 meets assessment criteria 1.1 and 1.2. You can refer to the assessment criterion at the end of each task.

Jack has seen adverts on the TV about having a 'healthy diet' and would like to know more about what a healthy diet means.

Answer part a and part b.

a. Outline what the term **healthy diet** means.

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

Jack is worried that lots of his friends have unhealthy diets. He would like to make some posters to put in the school canteen. These posters will say which foods and drinks people should try to avoid.

b. To help Jack, make a list below of **unhealthy foods and drinks**. The list has already been started for you.

- Crisps
- Lemonade
- Doughnuts
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Assessment criteria	Pass	Merit	Distinction
1.2 Give examples of an unhealthy diet	Learners will give a limited range of examples of an unhealthy diet	Learners will give a range of examples of an unhealthy diet	Learners will give a wide range of examples of an unhealthy diet

Task 2

You **must** make sure your work in Task 2 meets assessment criterion 1.3. You can refer to the assessment criterion at the end of the task.

Jack wants to make a display about what different factors can affect a person's diet.

Help Jack fill in the table below. Identify some of these factors and explain the ways they could affect a person's diet. The first one has been done for you. Complete at **least two** more.

Factor that could affect a person's diet	Time
This is why	If your parents have busy jobs and they return home from work late, they may not want to spend a long time in the kitchen preparing healthy meals. Instead they may decide to ring for a takeaway to be delivered. This would save them the time it takes to cook and clear up afterwards.

Factor that could affect a person's diet	
This is why	

Factor that could affect a person's diet	
This is why	

Factor that could affect a person's diet	
This is why	

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

Task 3

You **must** make sure your work in Task 3 meets assessment criterion 1.4. You can refer to the assessment criterion at the end of the task.

Jack has done some research on the Internet about possible medical conditions that an unhealthy diet can cause. Jack would like some more information about these medical conditions.

In the tables below, name some medical conditions and outline how an unhealthy diet could cause these conditions. The first one has been done for you. Fill in **up to four** more.

Medical condition affected by an unhealthy diet	Diabetes
This is how	A serious, lifelong condition that is caused by having too much sugar or glucose in your blood. This can be caused by eating too much sugary food.

Medical condition affected by an unhealthy diet	
This is how	

Medical condition affected by an unhealthy diet	
This is how	

Medical condition affected by an unhealthy diet	
This is how	

Medical condition affected by an unhealthy diet	
This is how	

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

Task 4

You **must** make sure your work in Task 4 meets assessment criterion 3.1. You can refer to the assessment criterion at the end of the task.

Jack is a keen footballer and he plays for his local team. Jack is looking to improve his performances, particularly his running during the game.

Outline how diet can affect Jack's running performance in a game of football.

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Assessment criteria	Pass	Merit	Distinction
3.1 Outline how diet affects exercise performance	Learners will outline how diet affects exercise performance	Learners will clearly outline how diet affects exercise performance	Learners will effectively outline how diet affects exercise performance

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Please turn over for Task 5

Task 5

You **must** make sure your work in Task 5 meets assessment criteria 2.1 and 2.2. You can refer to the assessment criterion at the end of each task.

Jack has heard about the energy balance equation and would like more information about it.

Answer part a, part b and part c.

a. Complete the energy balance equation using the boxes below:

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b. In your own words describe the energy balance equation.

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

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.

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

This is the end of the assessment.

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