

External Assessment practice paper

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

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

number: practice paper 1

Assessment window: not applicable

This is NOT a live paper

Time allowed: 2 hours

Candidate Number:	
Forename:	
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:

Guidance for candidates

- Make sure you're familiar with the assessment criteria and grading descriptors for this unit. These are included at the back of this external assessment paper. 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 the questions carefully and make sure that you understand:
 - what you need to do to complete the task
 - how much time you need to allow for each task.
- The Invigilator will explain where you will save your work between each external assessment session.

Instructions for candidates

- Complete your personal details on the first page.
- You have **2 hours** to complete the assessment paper.
- Write your responses to the questions 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, centre number and candidate number and securely attached to the answer booklet
- If you write your answers using a word processor you must make sure that any printouts are labelled clearly with your name, centre number and candidate number and securely attached to the appropriate answer booklet.
- If you write your answers using a word processor you must make sure that you clearly record the relevant task along with your answer to ensure that the Examiner is able to grade it.
- You **must** attempt all of the tasks to address all assessment criteria fully. You cannot achieve a Pass grade unless you meet the required standard in all the tasks.
- All of the work you submit must be your own.
- You must sign the candidate declaration on the front page of this assessment paper to declare that the work produced is your own.
- At the end of the assessment hand all documents over to your Invigilator.

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 during the external assessment.
- All the evidence you submit must be your own work (you're not allowed to use the internet or any other material to help you answer the tasks); make sure that all your work is clearly identified with your name, centre number and candidate number.

External assessment

You **must** complete all the Tasks in this external assessment.

You should record your answers in the spaces provided. You may use extra paper if you need it. Make sure that any extra paper is labelled clearly with your name, centre number and candidate number and attached to this external assessment paper.

Scenario:

You work at the local health centre and the decision has been made to run a healthy eating campaign for members of your community. You're going to organise a drop-in day for members of the public to visit and to get advice on healthy eating and their diets. You'll be visited by many different people and need to give them information and advice in response to their questions.

Task 1

You must ensure your work in Task 1 addresses assessment criteria 1.1 and 1.2. You can refer to the assessment criteria within the grading descriptors at the end of this document.

- a. Explain what is meant by a balanced diet.

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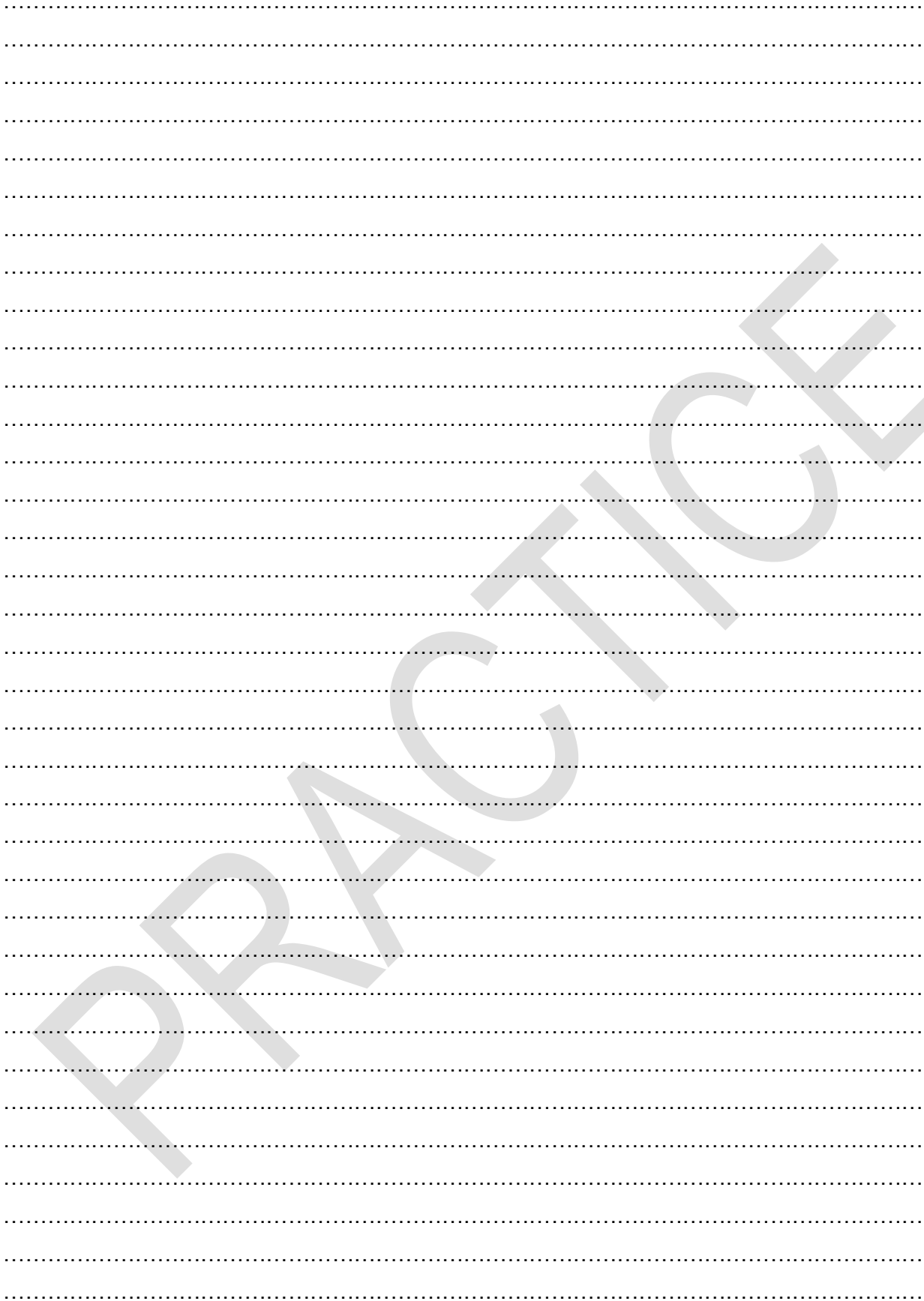
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PRACTICE

Task 2

You must ensure your work in Task 2 addresses assessment criterion 1.3. You can refer to the assessment criteria within the grading descriptors at the end of this document.

2 people visit the drop-in session to ask about their diets. Read the following information about Kaz:

Kaz is a 15 year old male who takes the bus to and from school every day. He spends many hours playing computer games and watching television.

a. What are the factors that influence Kaz's nutrient requirements?

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b. Explain the influence that these factors have on Kaz.

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Task 2 (cont'd)

Now read the following information about Rebecca:

Rebecca is a 25 year old female. She is very active looking after her child and is pregnant with her second child. She has been diagnosed as having an iron deficiency.

a. What are the factors that influence Rebecca's nutrient requirements?

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b. Explain the influence that these factors have on Rebecca.

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Task 3

You must ensure your work in Task 3 addresses assessment criterion 1.5. You can refer to the assessment criteria within the grading descriptors at the end of this document.

Yolanda visits the drop-in session to ask about her diet, read the following information about her:

Yolanda is a 65 year old female who lives alone and eats a lot of ready meals. She asks about the nutritional information on food labels and how this can help her to eat more healthily.

Below is some of the nutritional information found on a ready meal food label:

Typical values	Nutrition		GDA	
	Per 100g	Per pack	Adult	Per pack
Energy Kcal	171	684	2000	34%
Fat	7.7g	30.8g	70g	44%
of which saturates	4.9g	19.6g	20g	98%
Carbohydrates	17.3g	69.2g	45g	154%
of which sugars	1.3g	5.2g	90g	6%
Fibre	0.6g	2.4g	24g	10%
Salt	0.58g	2.30g	6g	38%
*Guideline Daily Amount				

Task 4

You must ensure your work in Task 4 addresses assessment criteria 1.4 and 1.6. You can refer to the assessment criteria within the grading descriptors at the end of this document.

Jon visits the drop-in session to ask for advice, read the following information about him:

Jon is a 45 year old male who works 8am–5pm as a construction worker on a building site. He wants to know how he could improve his diet and eat healthier.

Look at this food diary which is a typical day for Jon:

Breakfast	A bowl of cereal with whole milk. 2 slices of white toast with: butter strawberry jam. A cup of coffee with whole milk and 2 sugars.
Mid-morning snack	A bacon sandwich made with: fried bacon 2 slices of white bread butter tomato sauce. A cup of tea with whole milk and 2 sugars.
Lunch	2 sandwiches made with: 4 slices of white bread butter chicken breast tomato. A packet of plain crisps. An apple. 2 chocolate biscuits. A cup of tea with whole milk and 2 sugars.
After work	A packet of salted peanuts. 2 pints of beer.
Evening meal	A large four-cheese pizza. A slice of chocolate cake. A can of cola.
Snacks	A chocolate bar. A cup of tea with whole milk and 2 sugars.

Task 4 (cont'd)

Using the information provided in Jon's food diary:

- a. assess Jon's diet explaining how it could affect his health.

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- b. make recommendations about how Jon could improve his diet and explain current healthy eating advice for Jon.

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PRACTICE

Task 5

You must ensure your work in Task 5 addresses assessment criteria: 2.1, 2.2, and 2.3. You can refer to the assessment criteria within the grading descriptors at the end of this document.

Jane visits the drop-in session to ask about her diet.

Jane is a 35 and loves to cook. She has decided she would like to eat more healthily. She has some favourite recipes that she really enjoys and she would like to make them healthier.

Now look at one of Jane's recipes on page 14.

PRACTICE

Lasagne

Ingredients (serves
4)



Meat sauce:

25g butter

1 large onion (chopped)

2 cloves garlic (crushed)

400g minced beef

2 tablespoons tomato puree

1 tin (400g) chopped tomatoes

1 beef stock cube

100ml water

salt and pepper to taste

Topping sauce:

50g butter

50g plain flour

500ml whole milk

100g grated Cheddar cheese

salt and pepper to taste

Pasta:

200g lasagne sheets

To finish:

75g grated Cheddar cheese

Method

1. Heat your oven to Gas 5/190 C

2. Make the meat sauce:

- melt the butter and lightly fry the onion and garlic until soft
- add the minced beef and continue to fry until brown
- stir in the tomato puree and tinned tomatoes, including the juice
- crumble in the stock cube and the water
- bring to the boil, stirring continuously, and then reduce heat to simmer for 20 minutes
- add salt and pepper to taste.

3. Make the white sauce:

- melt the butter then remove from the heat
- stir in the flour then return to the heat, cook for 2 minutes stirring continuously, then remove from the heat.
- add the milk gradually then return to the heat and bring to the boil, stirring continuously
- remove from the heat and stir in 100g cheese
- add salt and pepper to taste.

4. Complete the dish:

- place a layer of meat sauce in a flat ovenproof dish
- cover with sheets of lasagne
- repeat these layers
- cover with 75g cheese.

5. Bake in the oven for approximately 30 minutes until the lasagne is soft and the cheese is melted and golden brown.

Serve with crusty garlic bread.

Task 5 (cont'd)

a. Assess the recipe, explaining the healthy and less healthy features for Jane.

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b. Make notes to explain how Jane’s recipe could be changed in order to make the finished dish healthier.

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Task 5 (cont'd)

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c. Describe how the changes you've suggested might affect the finished dish in other ways.

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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, securely attached.

Make sure that all your work, including any extra paper, is clearly identified with your name, centre number and candidate number. Make sure you've signed the candidate declaration on the front page of this external assessment paper.

Any remaining time left can be spent on checking over your responses.

PRACTICE

Grading descriptors

The grading descriptors for this unit are detailed below. 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.

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
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
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
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
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

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
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
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
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

This is the end of the assessment.

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