## **Level 2** Certificate in Understanding Nutrition and Health

## **Candidate Assessment**

## **Part A**

Candidate Details
Please complete all of the following in BLOCK CAPITALS and in BLACK PEN
Name:
Address:
Post Code:
Mobile Number: Work Number:
Home Number: Preferred Number:
Preferred contact time(s):
Early afternoon: Evening:
Email (please print clearly):
Employer:
College:  (If you do not know your college please contact The Skills Network Student Support Team on 0845 177 0047 / 01757 210 522)
Candidate Statement
I have completed the following assessment and confirm all the work is my own.
Signed:
Date:

### **ASSESSMENT QUESTIONS**

Please complete ALL of the answers to the questions in each section, and submit these together.

This assessment workbook contains questions in relation to the information provided in your learning resource pack.

### Please:

- Read your learning resource before attempting to answer these assessment questions
- Fully complete, sign and date the candidate information on the front sheet overleaf
- Answer ALL questions IN FULL
- Do not copy text directly from the resource. Your answers must be in your own words
- Check you have answered each question fully before submitting to your tutor for marking
- Make sure you supply any research material together with your assessment.

(Please note: read each question carefully as there may be more than one answer required.)

### Tips for understanding how to answer the questions

#### **Describe**

If you are asked to describe something, you should state the features in such a way that another person could recognise what you are describing if they saw it. An example might be: **Describe a donkey.** It would be insufficient to state "has four legs and a back" as this could be a chair. A description stating "a four legged animal, long tail, mane, similar to a horse but generally smaller, makes a unique sound like "eeyor" often repeatedly" would allow another person to recognise your description as a donkey.

### **Explain/Discuss**

Give details which make what you are trying to say clear to the reader. As a general rule, this type of question requires the most in-depth answer.

### State/List

Usually requires a shortened answer, which could be a list or a single sentence. Some questions take the form of "state what the letters 'BBC' stand for". The answer would simply be "British Broadcasting Corporation". If a question asks you to 'list examples of' or 'provide examples of' a particular aspect, you should provide more than one example within your answer.

### **Outline**

This type of question needs a brief answer which does not include much detail, but covers all steps, stages or parts involved. A question asking you to outline how to catch a train would require an answer along the lines of "check train times, choose train, go to station, buy ticket and board train". It would not expect you to include the detail of **how** you would do these things.

#### Define

When a question asks you to define something, you need to provide a short answer which states exactly what the term or phrase means. Imagine you are defining the term for another person to understand.

### Identify

This means to give sufficient detail so that someone else can recognise your description. This is sometimes used instead of "state", so think what the question is asking for.

#### Complete

Here you will need to enter your answer into a specified area, such as a partially completed table, diagram or list.

#### **Estimate**

This question will provide you with some numerical information to calculate an answer that may be rounded to the nearest integer or expressed as an approximate fraction or percentage.

### **Give/Provide/Name/Include**

This question will require you to provide one or more piece of evidence or information regarding a specific topic. This will usually be discrete, quantitative information. An example might be **Give three examples of proper nouns**.

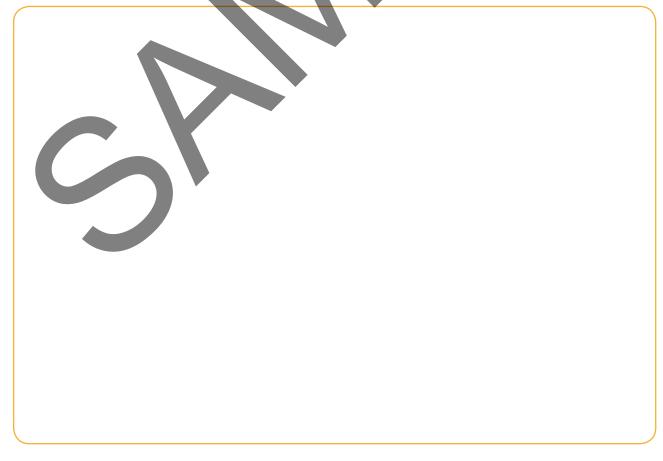
## Unit 1: Explore the principles of healthy eating

(Please note: The numbers in brackets refer to the assessment criteria for each activity and are for your tutor's use.)

Q1. Define the term 'healthy diet'. (1.1)



Q2. Describe the difference between a healthy diet for an adult and a healthy diet for a child. (1.2)



## Q3. Outline the lifestyle diseases associated with an unhealthy diet. (1.3)



### Q4. Which three nutrients provide the body with energy? (1.4)

1.

2.

3.

Q5. Energy is measured in kilocalories. Identify the amount of energy supplied by 1 gram of the <a href="mailto:three">three</a> main nutrients you have identified in Q4. (1.5)

Nutrient	Amount of energy supplied by this nutrient (in calories)
1.	
2.	
3.	

- Q6. Using the <u>two</u> charts below and the space on the opposite page, estimate:
  - a) Your estimated Basal Metabolic Rate (BMR) in kilocalories (1.6)
  - b) Your estimated Physical Activity Level (PAL) in kilocalories (1.7)
  - c) Your estimated total daily energy requirement in kilocalories (1.8)

(If your activity is not listed, use a similar activity in its place).

	120	Olbs	140	Olbs	160	)lbs	180lbs		200	)lbs 🛕
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
10 to 18 years	1650	1450	1730	1500	1860	1560	1990	1660	2140	1770
19 to 30 years	1600	1400	1680	1450	1750	1500	1920	1615	2070	1720
31 to 60 years	1450	1300	1530	1350	1650	1400	1780	1515	1930	1620
61 to 80 years	1270	1185	1350	1240	1485	1290	1620	1400	1770	1500

Activity	Energy needed (kcal – PAL – per hour)					
	<b>120lbs</b>	<b>140lbs</b>	<b>1</b> 60lbs	<b>1</b> 80lbs		
Aerobics (high intensity)	440	500	580	660		
Badminton (leisure)	250	290	330	370		
Cycling (moderate intensity)	330	380	440	500		
Gardening (general)	220	250	290	330		
Golf	280	320	370	420		
Housework (moderate tasks)	190	220	250	280		
Jogging (moderate intensity)	560	650	750	840		
Resistance training (moderate)	160	190	220	250		
Squash	550	660	770	880		
Swimming (moderate pace)	480	540	620	700		
Tennis	360	400	460	520		
Walking	380	440	500	580		

# Q6a. State your estimated Basal Metabolic Rate (BMR) in kilocalories and explain how you came to this estimation. (1.6)

Estimated BMR:	
How you came to this estimation:	
Q6b. Select an activity and state your es kilocalories, before explaining hov	timated Physical Activity Level (PAL) in you came to this estimation. (1.7)
Estimated PAL:	
How you came to this estimation:	
Q6c. State your estimated total daily en (BMR + PAL). (1.8)	ergy requirement in kilocalories

Q7. What <u>three</u> fac	ctors will affect the amount of energy a person requires? (1.9)
1.	
2.	
3.	
Q8. Outline the rel and weight. (1	ationship between energy intake, energy expenditure
Q9. Explain why it	is important to control salt intake. (1.11)

# Q10. Complete the following table by stating the <u>five</u> food groups and by providing examples of foods that belong to each group. (2.1) (2.2)

Food group	Examples of foods from this group
1.	
2.	
3.	
4.	
5.	

## Q11. Give six current examples of healthy eating advice. (2.3)

1. 2. 3. 4. 6.

nearthy the	y it is important et. (2.4)	that we eat a wid	de variety of foods to provide
2 What are r	utrients? (3.1)		

# Q14. There are <u>seven</u> essential nutrients needed by the body. Identify them and describe what each of them does in the table below. (3.2)

Nutrient	Description
1.	
2.	
3.	
4.	
5.	
6.	
7.	

Q15a. Identify two vitamins and two minerals. State the foods that they are found in, what they are needed for in the body and any problems that are associated with their deficiency. (3.3) (3.4)

Vitamin	Foods it is found in	What it is used for in the body	Problems associated with deficiency
1.			
2.			
Mineral	Foods it is found in	What it is used for in the body	Problems associated with deficiency
2.			

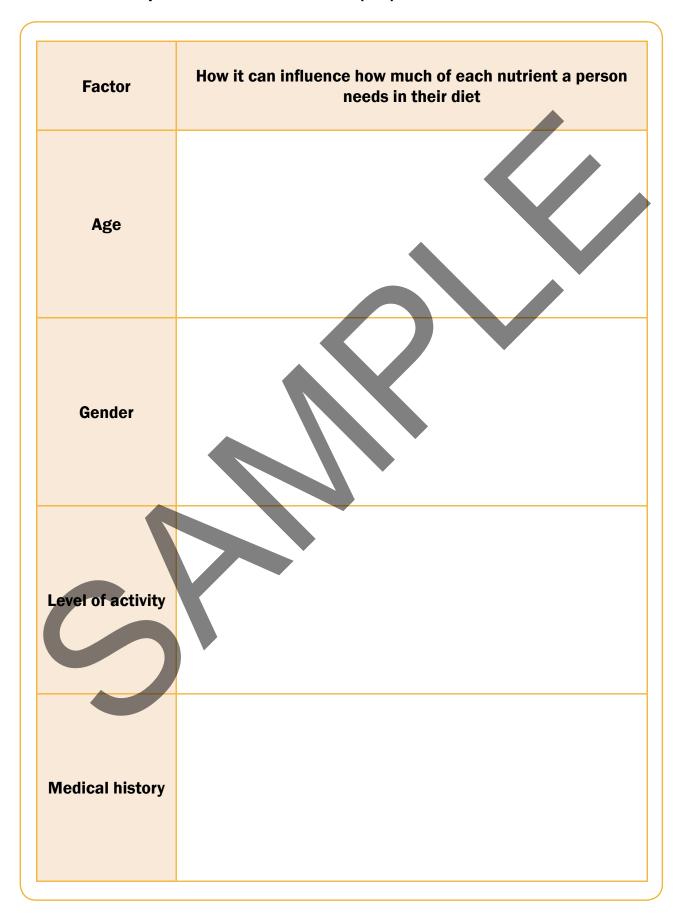
# Q15b. Which nutrient matches the description of its role in maintaining health? (3.4)

Carbohydrate	Fat	Protein	Vitamins	Minerals	Fibre	Water
4			· ·			
	Carbohydrate	Carbohydrate	Carbohydrate Fat Frotein Protein	Carbohydrate Fat Protein Protein Witamins	Carbohydrate Fat Fat Protein Minerals Minerals	Carbohydrate Fat Protein Witherals Fibre Fibre

## Q15c. For each nutrient given in the table below, identify as many good food sources as you can. The first one has been completed for you. (3.3)

Nutrient	Examples of good food source
Carbohydrates	(Complex) Bread, pasta, rice, potatoes, cereal, couscous, oats. (Simple) Fresh and dry fruit, sugar, honey.
Fats	
Proteins	
Vitamins	
Minerals	
Fibre	
Water	

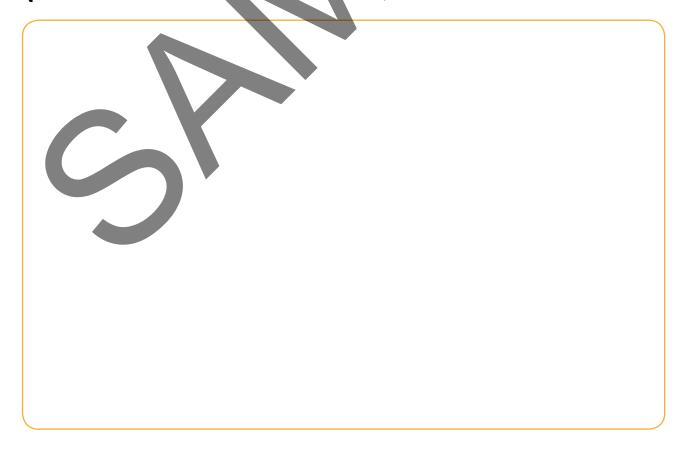
## Q16. Describe how the following factors can influence how much of each nutrient a person needs in their diet. (3.5)



## Q17. It is recommended that we drink <u>eight</u> glasses of water per day. Explain why it is important to have adequate fluid intake. (3.6)



### Q18. What is fibre?



## Q19. List <u>five</u> different factors that could be considered when planning a healthy meal. (4.1)

1.	
2.	
3.	
4.	
5.	

# Q20. Explain how the following cooking methods can affect the nutritional values of food. (4.2)

Cooking method	How it can affect the nutritional value of food
Boiling	
Grilling	
Roasting	

Your friend is organising a buffet for her son's birthday. She asks you for advice on how she could prevent it from being unhealthy.

## Q21. Give your friend <u>two</u> healthy food preparation tips for the types of food found in the following food groups. (4.3)

Food group	Preparation tips
Bread, cereals and potatoes	<ol> <li>2.</li> </ol>
Fruit and vegetables	1. 2.
Meat, fish and alternatives	2.
Milk and dairy foods	1. 2.
Foods containing fats and sugars	1. 2.

Assessment Checklist	
Now you have completed this assessment booklet, pleas checklist:	e complete this final
I have answered all of the assessment questions	
I can confirm all the work in the assessment is my own	
Name:	
Signed:	

### **CONGRATULATIONS!**

You have now completed your Part A assessment. Please make sure you have completed all questions fully and you have filled in the front cover page with your personal details.

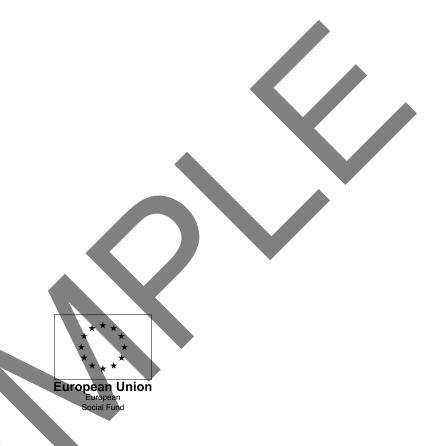
You now need to submit your answers to be marked. Please follow the instructions as detailed in your induction.

Your tutor will mark your work and provide robust feedback. Should your paper be referred, you will be required to resubmit answers until you have passed.

Please contact our support team if you require any further advice or guidance.







Upon successful completion of this qualification, learners will be awarded one of the following\*:

NCFE CACHE Level 2 Certificate in Understanding Nutrition and Health (601/3389/2)

TQUK Level 2 Certificate in Understanding Nutrition and Health (RQF) (601/4656/4)

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