

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):
Morning: ☐ Late afternoon: ☐ Anytime: ☐
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)

SAMPLE

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

SAMPLE

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

SAMPLE

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 three 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 two 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).

	120lbs		140lbs		160lbs		180lbs		200lbs	
	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)			
	120lbs	140lbs	160lbs	180lbs
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 estimated Physical Activity Level (PAL) in kilocalories, before explaining how you came to this estimation. (1.7)

Estimated PAL:

How you came to this estimation:

Q6c. State your estimated total daily energy requirement in kilocalories (BMR + PAL). (1.8)

Q7. What three factors will affect the amount of energy a person requires? (1.9)

1.

2.

3.

Q8. Outline the relationship between energy intake, energy expenditure and weight. (1.10)

Q9. Explain why it is important to control salt intake. (1.11)

Q10. Complete the following table by stating the five 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.

5.

6.

SAMPLE

Q12. Explain why it is important that we eat a wide variety of foods to provide a healthy diet. (2.4)

SAMPLE

Q13. What are nutrients? (3.1)

SAMPLE

Q14. There are seven 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
1.			
2.			

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

Description	Carbohydrate	Fat	Protein	Vitamins	Minerals	Fibre	Water
1. I am an energy source for low intensity, long duration activity							
2. I provide a quick source of energy							
3. I help resist infections and diseases							
4. I help reduce the risk of bowel problems and high cholesterol							
5. I can provide energy but only in extreme cases such as famine							
6. I help build strong bones and teeth							
7. I protect internal organs							
8. I help maintain the digestive system and move waste through the intestine							
9. I repair body tissue and keep you warm							
10. I build cells, make blood and develop muscles, internal organs, skin, hair and nails							
11. I provide a slow, sustained source of energy							
12. I help make muscles work efficiently and prevent cramp							
13. I help to regulate body temperature							

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	<i>(Complex) Bread, pasta, rice, potatoes, cereal, couscous, oats.</i> <i>(Simple) Fresh and dry fruit, sugar, honey.</i>
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)

Factor	How it can influence how much of each nutrient a person needs in their diet
Age	
Gender	
Level of activity	
Medical history	

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

SAMPLE

Q18. What is fibre?

SAMPLE

Q19. List five 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 two 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	1. 2.
Fruit and vegetables	1. 2.
Meat, fish and alternatives	1. 2.
Milk and dairy foods	1. 2.
Foods containing fats and sugars	1. 2.

Assessment Checklist

Now you have completed this assessment booklet, please complete this final checklist:

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.

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SAMPLE

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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)

*Valid at the time of print

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