

External Assessment

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

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

Paper number: SAMPLE

Assessment date: THIS IS NOT A LIVE PAPER

Centre name		Centre number	
Full Name		Learner number	

Learner 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.
My full name above is my registered name with NCFE.

Learner signature:

Date:

Time allowed

2 hours

Instructions for learners

- Read the paper carefully and make sure you understand all of the instructions before you start work.
- Complete your name, your centre name, centre number and your learner number on the front of this external assessment paper.
- Write your responses to the tasks 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 learner number and is securely attached to this paper.
- You must complete **all** parts within each task in order to address all the assessment criteria. You cannot achieve a Pass grade unless you meet the required standard for **all** the assessment criteria.
- Once you've completed your external assessment you must sign the learner declaration on the front of this booklet, to declare that the work produced is your own.
- All work for this external assessment must be completed at your centre within the supervised and invigilated timed sessions.

Guidance for learners

- Make sure you're familiar with the assessment criteria for this unit. These are included with the tasks in 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.
- Read through all the tasks before you start writing your answers and make sure that you understand what you need to do to complete the assessment.

Resources

- You may use all of the material given within the external assessment paper but no other resources should be taken into the external assessment room.
- You're **not** allowed to use the internet during the external assessment.

External assessment - Task 1

Your work in Task 1 must address assessment criteria 1.1 and 1.2 which are given at the end of the Task.

1a. Explain the meaning of the term **balanced diet**, giving examples where appropriate.

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1b. Complete the information in the tables below. For each **nutrient** listed:

- give examples of **food sources**
- describe the **functions** in the body
- describe the **effects of a diet lacking the nutrient**.

Protein	Food sources
	Functions in the body
	Effects of a diet lacking the nutrient

Iron	Food Sources
	Functions in the body
	Effects of a diet lacking the nutrient

Vitamin C	Food sources
	Functions in the body
	Effects of a diet lacking the nutrient

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

SAMPLE

Task 2

Your work in Task 2 must address assessment criterion 1.3 which is given at the end of the Task.

Jon is a 40 year old construction worker on a building site. He works long hours and lives away from home in the week so he often relies on fast food and takeaway meals.

2a. Identify the nutrients which are likely to be **missing** from Jon’s diet.

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2b. Explain the **impact** this is likely to have on Jon’s health and wellbeing.

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Kayleigh is a 4 year old girl. She has just been diagnosed as having a nut allergy. Her parents are keen to make sure she eats safely and healthily.

2c. Outline the dietary advice you would give Kayleigh's parents about meeting her nutritional requirements while avoiding nuts.

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2d. Identify the nutrients that are most important to Kayleigh at this age. Give reasons why each is important.

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Assessment criteria	Pass	Merit	Distinction
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

Task 3

Your work in Task 3 must address assessment criterion 1.5 which is given at the end of the Task.

Ali, a 20 year old student, is choosing a chilled ready meal. He is a keen sportsman and likes to eat healthily.

Here is the label from one of the meals Ali is looking at.

Nutrition	100g contains	Pack contains	% RI*	RI* for an average adult * Reference intake
Energy	680 kJ 162.5 kcal	2720 kJ 650 kcal	32.5	8400 kJ 2000 kcal
Fat	6.5 g	26.0 g	37.1	70 g
of which saturates	3.8 g	15.2 g	76.0	20 g
Carbohydrate	9.7 g	38.8 g		
of which sugars	5.2 g	20.8 g	23.1	90 g
Fibre	2.6 g	10.4 g		
Protein	3.8 g	15.2 g		
Salt	1.0 g	4.0 g	66.6	6 g
This pack contains 1 serving (400g)				

3a. Explain the **nutritional information** this label gives Ali about the meal.

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3b. Explain the **nutritional** advantages and disadvantages of this meal.

Nutritional advantages	Nutritional disadvantages

Assessment criteria	Pass	Merit	Distinction
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

SAMPLE

Task 4

Your work in Task 4 must address assessment criteria 1.4 and 1.6 which are given at the end of the Task.

Your neighbour, Ellie, who is 65, has been told by the doctor that she has coronary heart disease. She has asked you for some advice about changes she might make to her diet.

You ask her to keep a food diary. Below, you can see a typical day from her food diary.

Breakfast	A fried egg and 2 rashers of bacon 2 slices of white toast with butter A cup of tea with whole milk and 1 sugar
Mid-morning snack	A cup of coffee with whole milk and 2 sugars 2 chocolate biscuits
Lunch	2 slices of cheese on toast made with white bread 1 slice of sponge cake A cup of tea with whole milk and 1 sugar
Mid-afternoon snack	A cup of tea with whole milk and 1 sugar A scone with butter and raspberry jam
Evening meal	Roast chicken Roast potatoes Carrots Gravy Seasoning Apple crumble Custard A cup of tea with whole milk and 1 sugar
Bed time snack	A cup of tea with whole milk and 1 sugar 2 chocolate biscuits

4a. Identify how Ellie's food choices may be affecting her health and wellbeing.

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4b. Using examples from the food diary, describe the changes Ellie could make to her food choices in order to make her diet healthier.

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4c. Explain the current **healthy eating advice** that you could give to Ellie about her diet.

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Assessment criteria	Pass	Merit	Distinction
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
1.6 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

Task 5

Your work in Task 5 must address assessment criteria 2.1, 2.2 and 2.3 which are given at the end of this task.

Here is a recipe for a Quiche.

Quiche

Ingredients (serves 4)

Shortcrust pastry base

200g plain white flour
½ tsp salt
50g margarine
50g lard
cold water to mix

Filling

4 rashers streaky bacon
1 medium onion
1 tbsp olive oil
4 medium eggs
salt and pepper
4 tbsp cream
100g Cheddar cheese

To finish

50g Cheddar cheese
2 tomatoes

Method

1. Preheat the oven to 200C/400F/Gas 6
2. Grease a quiche dish
3. For the pastry, sieve the flour and rub in the margarine and lard until the mixture resembles fine breadcrumbs
4. Add the water and mix to give a soft dough then roll and line the quiche dish and bake blind (i.e. without the filling) for about 10 min
5. For the filling, dice the bacon, peel and chop the onion then fry the bacon and onion in olive oil until lightly browned. Place this mixture into the pastry case
6. Beat the eggs with 100g grated cheese, salt, pepper and cream and pour this into the pastry case
7. Top with 50g grated cheese. Slice the tomatoes and place on top of the cheese then return to the oven to bake for about 25 min until the pastry is golden brown and the filling is set
8. Serve the quiche hot with chips or cold with crisps



5a. Explain the healthy and less healthy features of the Quiche recipe.

Healthy features

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Less healthy features

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5b. Explain how you could change the recipe to make the finished Quiche healthier.

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5c. Describe how the changes you have suggested to the recipe for the Quiche could affect **other factors** such as taste, texture, moisture, appeal and appearance.

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Assessment criteria	Pass	Merit	Distinction
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

What you need to hand in after your external assessment

At the end of the timed external assessment you'll hand in the following to your Invigilator:

- this external assessment paper
- any extra paper you have used, securely attached to this assessment paper.

Make sure that

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

If you have completed this assessment on a computer, your work must be printed out and attached to this external assessment. You must not submit any electronic evidence.

**This is the end of the external assessment.
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