

## 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

<b>Centre name</b>		<b>Centre number</b>	
<b>Full Name</b>		<b>Learner number</b>	

**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.



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

<b>Assessment criteria</b>	<b>Pass</b>	<b>Merit</b>	<b>Distinction</b>
<b>1.1. Explain what is meant by a balanced diet</b>	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
<b>1.2 Describe the nutrients that make up a balanced diet</b>	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





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

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<b>Assessment criteria</b>	<b>Pass</b>	<b>Merit</b>	<b>Distinction</b>
<b>1.3. Explain nutrient requirements for different groups of people</b>	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.

<b>Nutrition</b>	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.

<b>Nutritional advantages</b>	<b>Nutritional disadvantages</b>

<b>Assessment criteria</b>	<b>Pass</b>	<b>Merit</b>	<b>Distinction</b>
<b>1.5 Explain how nutritional information on food labels can inform healthy eating</b>	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.

<b>Breakfast</b>	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
<b>Mid-morning snack</b>	A cup of coffee with whole milk and 2 sugars 2 chocolate biscuits
<b>Lunch</b>	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
<b>Mid-afternoon snack</b>	A cup of tea with whole milk and 1 sugar A scone with butter and raspberry jam
<b>Evening meal</b>	Roast chicken Roast potatoes Carrots Gravy Seasoning  Apple crumble Custard  A cup of tea with whole milk and 1 sugar
<b>Bed time snack</b>	A cup of tea with whole milk and 1 sugar 2 chocolate biscuits





## 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





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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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## **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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