**NCEF Level 2 Award in Nutrition and Health**

**Candidate Assessment – Part B / Assessment 2**

**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 🞏

E-mail (please print clearly):

Employer:

College:

**Candidate Statement**

I have completed the following assessment and confirm all the work is my own.

Signed:

Date:

**TO BE COMPLETED BY THE TUTOR**

Tutor Name: Date:

Signature:

Pass 🞏 Refer 🞏

**ASSESSMENT QUESTIONS**

**Please complete ALL the answers to the questions in each of the sections 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**
* Check you have answered each question fully before submitting to your tutor for marking
* Make sure you supply any research materials 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 probably 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**
Usually requires a shortened answer, which could be a list or a single sentence. Several questions take the form of “state what the letters ‘BBC’ stand for”. The answer would simply be “British Broadcasting Corporation”.

**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.

**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.

**Demonstrate**Means just that. Show someone what you do.

|  |
| --- |
| UNIT 2: Consider Nutritional Needs of a Variety of Individuals |

**Q1a. Plan balanced meals and snacks for a day for any age group of your choice. Include three meals (breakfast, lunch and dinner), two snacks and any drinks.**

**Age groups chosen:**

**Children aged 1 to 5 years**

**Children aged 5 to 10 years**

**Teenagers (Adolescents)**

|  |  |
| --- | --- |
| Breakfast |  |
| Lunch |  |
| Dinner |  |
| Snack 1 |  |
| Snack 2 |  |
| Drinks |  |

**Q1b. Taking into account the nutritional requirements of the age group you have chosen, explain why the meals and snacks chosen are appropriate.**

**Q2. What factors influence the eating patterns of the following age groups?**

1. **1-5 year olds**
2. **5-10 year olds**
3. **Teenagers**

**Q3. Use the table below to:**

1. **Identify the energy requirements of the following age groups**
2. **Give nutritional recommendations for the age groups and state why this is recommended for this age group.**

|  |  |  |
| --- | --- | --- |
| Age | Energy Requirements (kcals) | Nutritional recommendations and why they are recommended |
| 1-5 year olds |  |  |
| 5-10 year olds |  |  |
| Teenagers |  |  |

**Q4a. Complete the missing information in the table below, relating to the consequences of a diet lacking key nutrients and foods that contain key nutrients.**

|  |  |  |
| --- | --- | --- |
| Key nutrient | Problem associated with deficiency | Good food sources |
| Vitamin C |  |  |
| Iron |  |  |
| Calcium |  |  |

**Q4b. Outline the importance of calcium and vitamin D for bone development.**

**Q5. Plan balanced meals and snacks for a day for an older person who is resident at the local care home. Include three meals (breakfast, lunch and dinner, two snacks and any drinks).**

|  |  |
| --- | --- |
| Breakfast |  |
| Lunch |  |
| Dinner |  |
| Snack 1 |  |
| Snack 2 |  |
| Drinks |  |

**Q5b. Taking into account their nutritional requirements, explain why the meals and snacks you have chosen in Q5a are appropriate.**

**Q6. Describe the factors that influence the energy requirements of older people.**

**Q7. Describe why older people may be at risk of malnutrition.**

**Q8. What are the nutritional recommendations for older people?**

**Q9. Explain why people may have specific dietary requirements.**

**Q10. Choose two religious or ethnic groups and identify their special dietary requirements.**

|  |  |
| --- | --- |
| Religious or ethnic group | Special dietary requirement |
|  |  |
|  |  |

**Q11. Describe the following types of vegetarian diet.**

**Vegetarian:**

**Vegan:**

**Lacto-ovo-vegetarian:**

**Lacto-vegetarian:**

**Fruitarian:**

**Demi-vegetarian:**

**Pescetarian:**

**Q12. Describe precautions to take when preparing food for a person with specific dietary requirements such as religion, food tolerance and health.**

**Q13. How might the following factors prevent people from choosing a balanced diet?**

1. **Public confusion about healthy eating advice:**
2. **Cost:**
3. **Accessibility:**
4. **Convenience or pre-prepared foods:**

**Q14. Describe three examples of how individual lifestyle choices may prevent people from choosing a balanced diet.**

**1.**

**2.**

**3.**

**Unit 3: Use Food and Nutrition Information to Plan a Healthy Diet**

**Q1. Identify the ten pieces of nutritional information which must be provided on food labels.**

**1.**

**2.**

**3.**

**4.**

**5.**

**6.**

**7.**

**8.**

**9.**

**10.**

**Q2. Complete the table below to identify the guideline daily amounts of fat, sugar and salt in an adult’s diet.**

|  |  |
| --- | --- |
|  | Guideline Daily Amounts |
| **Men** | **Women** |
| Fat |  |  |
| Sugar |  |  |
| Salt |  |  |

**Q3a. Look at the following three food labels and determine if each of the foods is high, medium or low, in terms of sugar, fat and salt content.**

1. **Tuna chunks**
2. **Chocolate biscuits**
3. **Pepperoni pizza**

|  |  |  |
| --- | --- | --- |
| Tuna chunks 100g | Chocolate biscuits 100g | Peperoni pizza 100g |
| Kcals per 100g | 105kcal | **Kcals per 100g** | 497kcal | **Kcals per 100g** | 243kcal |
| Carbohydrates | Nil | **Carbohydrates** | 62g | **Carbohydrates** | 32g |
| of which sugars | Nil | **of which sugars** | 28.5g | **of which sugars** | 2.3g |
| Protein | 25g | **Protein** | 6.5g | **Protein** | 9g |
| Fat | 0.5g | **Fat** | 24.8g | **Fat** | 8.8g |
| of which saturates | Trace | **of which saturates** | 12.8g | **of which saturates** | 3.4g |
| Salt | 1g | **Salt** | 1g | **Salt** | 1.3g |

|  |
| --- |
| Remember…..Fat (Per 100g of food):-More than 20g per 100g of food is a HIGH amount of fat in a product-Anything in between 3g and 20g per 100g is a MEDIUM amount of fat-Less than 3g per 100g of food is a LOW amount of fatSugar (Per 100g of food):-More than 10g per 100g of food is a HIGH amount of sugar-Anything in between 2g and 10g per 100g is a MEDIUM amount of sugar-Less than 2g per 100g of food is a LOW amount of sugarSalt (Per 100g of food):-More than 1.25g per 100g of food is a HIGH amount of salt-Anything in between 0.25g and 1.25g per 100g is a MEDIUM amount of salt-Less than 0.25g per 100g of food is a LOW amount of salt |

**Using the values given in the three food labels, put the appropriate product names in the correct box in the table below.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | High | Medium | Low |
| Sugar |  |  |  |
| Fat |  |  |  |
| Salt |  |  |  |

**Q3b. Use the food labels from Q3a to work out the energy (in kcals) provided from fat, protein and carbohydrate in each food.**

**Remember: 1 gram of fat = 9kcals
 1 gram of protein = 4kcals
 1 gram of carbohydrates = 4kcals**

|  |  |  |  |
| --- | --- | --- | --- |
| Food | Fat | Protein | Carbohydrate |
| Tuna chunks |  |  |  |
| Chocolate biscuits |  |  |  |
| Pepperoni pizza |  |  |  |

**Q4. The following terms are often used on food products. What do these terms actually mean and how might these claims and descriptions mislead an unsuspecting customer?**

|  |  |  |
| --- | --- | --- |
| Description | What does this mean? | How might this mislead? |
| “95% Fat Free” |  |  |
| “Reduced Sugar” |  |  |

**Q5. Define the term ‘food additives’.**

**Q6. Explain the benefits of food additives.**

**Q7. The following is a list of the main groups of additives commonly found on food labels. Describe what each one does.**

**Antioxidants:**

**Colours:**

**Emulsifiers, Stabilisers, Thickeners and Gelling Agents:**

**Flavour enhancers:**

**Preservatives:**

**Sweeteners:**

**Q8. Give two examples of legislation that surround the use of food additives.**

**1.**

**2.**

**Q9. Use the following seven tables on the next pages to help record your food and drink intake for one week. Where possible, include the number of calories and the amount of fat, sugar and salt each food product contained, this will help you to complete Q11 and Q12.
If you do not know the exact number of calories and the amount of fat, sugar and salt in each food product, just bear this in mind when you answer Q11.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day 1** | **Food eaten** | **Kcals** | **Fat (g)**  | **Sugar (g)** | **Salt (g)** |
| **Breakfast** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Snacks and drinks** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Total for Day 1** |  |  |  |  |
| **Numbers of portions of fruit/veg: Amount of water consumed:  (do not include tea/coffee)** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day 2** | **Food eaten** | **Kcals** | **Fat (g)**  | **Sugar (g)** | **Salt (g)** |
| **Breakfast** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Snacks and drinks** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Total for Day 2** |  |  |  |  |
| **Numbers of portions of fruit/veg: Amount of water consumed:  (do not include tea/coffee)** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day 3** | **Food eaten** | **Kcals** | **Fat (g)**  | **Sugar (g)** | **Salt (g)** |
| **Breakfast** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Snacks and drinks** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Total for Day 3** |  |  |  |  |
| **Numbers of portions of fruit/veg: Amount of water consumed:  (do not include tea/coffee)** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day 4** | **Food eaten** | **Kcals** | **Fat (g)**  | **Sugar (g)** | **Salt (g)** |
| **Breakfast** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Snacks and drinks** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Total for Day 4** |  |  |  |  |
| **Numbers of portions of fruit/veg: Amount of water consumed:  (do not include tea/coffee)** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day 5** | **Food eaten** | **Kcals** | **Fat (g)**  | **Sugar (g)** | **Salt (g)** |
| **Breakfast** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Snacks and drinks** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Total for Day 5** |  |  |  |  |
| **Numbers of portions of fruit/veg: Amount of water consumed:  (do not include tea/coffee)** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day 6** | **Food eaten** | **Kcals** | **Fat (g)**  | **Sugar (g)** | **Salt (g)** |
| **Breakfast** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Snacks and drinks** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Total for Day 6** |  |  |  |  |
| **Numbers of portions of fruit/veg: Amount of water consumed:  (do not include tea/coffee)** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day 7** | **Food eaten** | **Kcals** | **Fat (g)**  | **Sugar (g)** | **Salt (g)** |
| **Breakfast** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Snacks and drinks** |  |  |  |  |  |
| **Total for meal** |  |  |  |  |
| **Total for Day 7** |  |  |  |  |
| **Numbers of portions of fruit/veg: Amount of water consumed:  (do not include tea/coffee)** |

**Q10. Compare your food and drink intake (recorded in Q9) to current healthy eating advice. Factors you could consider include:**

* **Calorie intake**
* **Amount of fat, sugar and salt**
* **Fruit and vegetable intake (5-a-day)**
* **Water intake**

**Q12. Outline the steps that you could take to make your diet more healthy.**

**For example: Take, and drink, a litre bottle of water to work every day.**

**Assessment Checklist**

**Now you have completed this assessment booklet, please now complete the 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 B 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 mark 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.**