### Mark scheme – Food diary analysis

|  |  |  |
| --- | --- | --- |
| **Did the learner:** | **Possible marks** | **Actual marks** |
| Provide a copy of the food diary completed by the client? | **1**(minimum 1 mark) |  |
| Ascertain the client’s nutrition goals? | **2**(minimum 1 mark) |  |
| Identify eating/drinking behaviours that are detrimental to theclient’s health? | **1**(minimum 1 mark) |  |
| Identify any positive eating behaviours that the client shouldcontinue? | **1**(minimum 1 mark) |  |
| Analyse hydration levels? | **1**(minimum 1 mark) |  |
| Analyse alcohol consumption? | **1**(minimum 1 mark) |  |
| Analyse processed food levels? | **1**(minimum 1 mark) |  |
| Analyse fruit and vegetable intake? | **1**(minimum 1 mark) |  |
| Analyse caffeine consumption? | **1**(minimum 1 mark) |  |
| Analyse the macronutrient levels? | **3**(minimum 3 marks) |  |
| Recommend to the client how to tailor their nutrition to meet their goals? | **3**(minimum 2 marks) |  |
| Identify any potential barriers to change that the client may face? | **1**(minimum 1 mark) |  |
| Suggest ways that the client can overcome their barriers? | **1**(minimum 1 mark) |  |
| Identify how training will affect their client’s nutritional requirements including any recommendations related to the client’s fitness goals? | **3**(minimum 2 marks) |  |
| **Result total /21** (18 marks in total, with the minimum set marks achieved for each section required to pass)**Pass / Refer** |
| **Assessor’s feedback:** |