### Mark scheme – Food diary analysis

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| **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 the  client’s health? | **1**  (minimum 1 mark) |  |
| Identify any positive eating behaviours that the client should  continue? | **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:** | | |