

Unit Title: Understanding Eating Disorders
Unit Level: Level 1
Unit Credit Value: 1
GLH: 9
LASER Unit Code: WJC416
Ofqual Unit Code: H/506/0632

This unit has 2 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about eating disorders.	1.1	Identify three eating disorders and list their signs, symptoms and effects.
2.	Understand the link between food and feelings.	2.1	Suggest one thing that may encourage an individual to feel positive about themselves.
		2.2	Suggest one thing that may lead to an individual feeling negative about themselves.
		2.3	List two reasons why we may eat when we are not hungry.

Assessment Guidance:

NA

Additional Information:

NA