

Unit Title: Understanding Nutrition, Performance and Healthy Eating
Unit Level: 1
Unit Credit Value: 3
GLH: 27
LASER Unit Code: BZO404
Ofqual Unit Code: L/500/5091

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the function of food.	1.1	List the main functions of food.
2.	Understand the relationship between food and health.	2.1	Outline the concept of a balanced diet.
		2.2	List different sorts of diets.
3.	Understanding the basic principles of weight control.	3.1	Outline the principles of fat weight loss, lean weight gain and weight maintenance.
		3.2	List the links between exercise and weight control.
		3.3	Suggest appropriate practical exercise sessions.
4.	Understand why a balanced diet is required to maximise performance.	4.1	Outline why a balanced diet is required to maximise performance.
5	Understand how to promote healthy eating.	5.1	State ways of promoting healthy eating.

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ASSESSMENT INFORMATION

Guidance:

This grid gives details of the assessment activities to be used with the unit attached. Please refer to LASER Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

Assessment activities for this unit are indicated in the table below:

Any of these assessment methods considered appropriate may be used. However if a **P for Prescribed** appears against any assessment method, it *must* be used to assess some part/s of the unit.

Case study		Project	
Written question & answer/test/exam		Role play/simulation	
Essay		Practical demonstration	
Report		Group discussion	
Oral question and answer		Performance/exhibition	
Written description	P	Production of artefact	
Reflective log/diary		Practice file	

Assessment guidance mandatory if completed	N/A
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