

Unit Title: Understanding Nutrition and Weight Management
Unit Level: 2
Unit Credit Value: 6
GLH: 48
LASER Unit Code: BZO409
Ofqual Unit Code: J/500/5087

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the importance of adequate nutrition.	1.1	Describe the function of carbohydrate, fat, protein, water, vitamins and minerals.
		1.2	Identify common dietary sources of carbohydrate, fat, protein, water, vitamins and minerals.
		1.3	Describe the link between nutrition and disease.
2.	Understand the components of a healthy diet.	2.1	Outline government guidelines for energy, fat, protein, carbohydrate and alcohol intake.
		2.2	Describe how to decrease fat, sugar, salt and increase fibre content of the diet.
		2.3	Outline general dietary guidelines and the five food groups.
		2.4	Give examples of preferred food choices in each of the five food groups.
3.	Give recommendations for healthy eating in and away from the home.	3.1	Explain healthy food options when eating at home.
		3.2	Explain healthy food options for two different occasions of eating away from home.
		3.3	Assess a range of diets and give recommendations for improvement.
4.	Understand effective methods of weight loss.	4.1	Define obesity and outline the health risks of excess body fat.
		4.2	Describe the energy balance equation.

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		4.3	Describe the characteristics of an effective weight management programme.
		4.4	Identify weight loss myths and problems with some diet products.
5.	Plan a weight management programme for a selected individual.	5.1	Collect relevant information to plan a weight management programme.
		5.2	Identify suitable goals for the weight management programme.
		5.3	Plan a three week weight management programme incorporating exercise and dietary modifications.

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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		Production of artefact	
Reflective log/diary		Practice file	

Assessment guidance mandatory if completed	N/A
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