

LASER Entry Level Certificate in Independent Living (Looking After Yourself and Your Home) (Entry 1)

14.1 Foundations for Learning and Life

Unit title	LASER Unit code	Unit code	Credit value	Unit level	
Basic Cooking Techniques	CAL080	J/600/6198	3	E1	View unit specification
Basic Cooking Techniques	CAL083	L/600/6199	3	E2	View unit specification
Basic Cooking Techniques	CAL084	T/600/6200	3	E3	View unit specification
Choosing Clothing and Footwear	CAL046	J/600/6251	2	E1	View unit specification
Choosing Clothing and Footwear	CAL053	L/600/6252	2	E2	View unit specification
Choosing Clothing and Footwear	CAL058	R/600/6253	2	E3	View unit specification
Developing Assertiveness	CAK940	J/600/6475	2	E1	View unit specification
Developing Assertiveness	CAK941	Y/600/6478	2	E2	View unit specification
Developing Assertiveness	CAK942	Y/600/6481	2	E3	View unit specification
Discussion Skills	WJB227	D/504/3442	2	E2	View unit specification
Discussion Skills	WJF496	F/507/6367	2	E1	View unit specification
Discussion Skills	WJF497	T/504/3494	2	E3	View unit specification
Drug and Alcohol Awareness	CAL061	T/600/6259	2	E1	View unit specification
Drug and Alcohol Awareness	CAL065	K/600/6260	2	E2	View unit specification
Drug and Alcohol Awareness	CAL070	M/600/6261	2	E3	View unit specification
Eating a Balanced Diet	CAL072	T/600/6262	3	E1	View unit specification
Eating a Balanced Diet	CAL075	A/600/6263	3	E2	View unit specification
Eating a Balanced Diet	CAL077	F/600/6264	3	E3	View unit specification
Everyday Food and Drink Preparation	CAL087	L/600/6204	3	E1	View unit specification
Everyday Food and Drink Preparation	CAL088	R/600/6205	3	E2	View unit specification
Everyday Food and Drink Preparation	CAL118	Y/600/6206	3	E3	View unit specification
Food Safety and Storage	CAL119	K/600/6209	3	E1	View unit specification
Food Safety and Storage	CAL120	D/600/6210	3	E2	View unit specification
Food Safety and Storage	CAL121	H/600/6211	3	E3	View unit specification
Health and Fitness	CAL079	Y/600/6268	3	E1	View unit specification
Health and Fitness	CAL082	R/600/6267	3	E2	View unit specification
Household Cleaning	CAL122	K/600/6212	3	E1	View unit specification
Household Cleaning	CAL123	M/600/6213	3	E2	View unit specification
Household Cleaning	CAL124	T/600/6214	3	E3	View unit specification

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Household Expenses	CAL125	A/600/6215	3	E1	View unit specification
Household Expenses	CAL126	F/600/6216	3	E2	View unit specification
Household Expenses	CAL128	J/600/6217	3	E3	View unit specification
Household Shopping	CAL130	L/600/6218	3	E1	View unit specification
Household Shopping	CAL135	R/600/6219	3	E2	View unit specification
Household Shopping	CAL137	L/600/6221	3	E3	View unit specification
Independent Living	CAK956	M/600/6146	1	E1	View unit specification
Introduction To Whole Numbers	WJB238	Y/503/3461	1	E2	View unit specification
Introduction To Whole Numbers	WJF500	F/507/6546	1	E1	View unit specification
Introduction To Whole Numbers	WJF501	D/503/3462	1	E3	View unit specification
Kitchen Hygiene	CAL139	A/600/6201	1	E1	View unit specification
Kitchen Hygiene	CAL140	F/600/6202	1	E2	View unit specification
Kitchen Hygiene	CAL141	J/600/6203	1	E3	View unit specification
Looking after Clothes	CAL085	R/600/6270	3	E1	View unit specification
Looking after Clothes	CAL086	D/600/6272	3	E2	View unit specification
Looking after Clothes	CAL089	R/600/6284	3	E3	View unit specification
Looking After Yourself And Your Home	CAK985	Y/600/6156	1	E1	View unit specification
Make a Simple Meal	CAL142	R/600/6222	3	E1	View unit specification
Make a Simple Meal	CAL143	Y/600/6223	3	E2	View unit specification
Make a Simple Meal	CAL144	D/600/6224	3	E3	View unit specification
Making Choices	CAK943	M/600/6485	1	E1	View unit specification
Making Choices	CAK944	T/600/6486	1	E2	View unit specification
Making Choices	CAK945	A/600/6487	1	E3	View unit specification
Measure: Weight	WJC805	Y/506/0921	1	E3	View unit specification
Measure: Weight	WJF506	L/507/6372	1	E1	View unit specification
Measure: Weight	WJF507	T/507/6463	1	E2	View unit specification
Personal Awareness	CAK946	A/600/6490	2	E1	View unit specification
Personal Awareness	CAK947	F/600/6491	2	E2	View unit specification
Personal Awareness	CAK948	L/600/6493	2	E3	View unit specification
Personal Care and Hygiene	CAL090	M/600/6289	3	E1	View unit specification
Personal Care and Hygiene	CAL091	H/600/6290	3	E2	View unit specification
Personal Care and Hygiene	CAL092	K/600/6291	3	E3	View unit specification
Personal Health	CAL093	A/600/6294	3	E1	View unit specification
Personal Health	CAL094	F/600/6295	3	E2	View unit specification
Personal Health	CAL095	L/600/6297	3	E3	View unit specification

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Personal Presentation	CAL096	M/600/6308	3	E1	View unit specification
Personal Presentation	CAL097	T/600/6309	3	E2	View unit specification
Personal Presentation	CAL098	M/600/6311	3	E3	View unit specification
Personal Safety	CAL099	Y/600/6304	3	E1	View unit specification
Personal Safety	CAL100	D/600/6305	3	E2	View unit specification
Personal Safety	CAL101	H/600/6306	3	E3	View unit specification
Preparing to Write	WJB247	L/504/3517	3	E2	View unit specification
Preparing To Write	WJF510	Y/507/6374	3	E1	View unit specification
Preparing To Write	WJF511	K/504/3444	3	E3	View unit specification
Reading for a Purpose	WJB248	F/504/3479	3	E2	View unit specification
Reading For A Purpose	WJF512	D/507/6375	3	E1	View unit specification
Reading For A Purpose	WJF513	J/504/3502	3	E3	View unit specification
Reading for Information	WJB249	A/504/3500	3	E2	View unit specification
Reading For Information	WJF514	J/504/3449	2	E1	View unit specification
Reading For Information	WJF515	R/504/3518	3	E3	View unit specification
Reading Graphical Material	WJB250	T/504/3480	2	E2	View unit specification
Reading Graphical Material	WJF516	H/507/6376	1	E1	View unit specification
Reading Graphical Material	WJF517	F/504/3482	1	E3	View unit specification
Recycling, Managing Waste	CAL146	H/600/6225	2	E1	View unit specification
Recycling, Managing Waste	CAL147	K/600/6226	2	E2	View unit specification
Recycling, Managing Waste	CAL149	M/600/6227	2	E3	View unit specification
Self Advocacy	CAK949	Y/600/6495	3	E1	View unit specification
Self Advocacy	CAK950	H/600/6497	3	E2	View unit specification
Self Advocacy	CAK951	M/600/6499	3	E3	View unit specification
Strategies for Reading	WJB262	F/504/3465	2	E2	View unit specification
Strategies for Reading	WJF520	D/504/3506	3	E1	View unit specification
Strategies for Reading	WJF521	A/504/3481	2	E3	View unit specification
Understanding Relationships	CAK952	D/600/6501	2	E1	View unit specification
Understanding Relationships	CAK953	K/600/6503	2	E2	View unit specification
Understanding Relationships	CAK954	T/600/6505	2	E3	View unit specification
Using Domestic Appliances	CAL154	T/600/6228	2	E2	View unit specification
Using Domestic Appliances	CAL155	A/600/6229	2	E3	View unit specification
Using Domestic Appliances	WJF528	M/507/2265	2	E1	View unit specification
Using Fractions	WJB270	D/504/3523	2	E2	View unit specification
Using Fractions	WJF529	K/507/6377	2	E1	View unit specification

Unit title	LASER Unit code	Unit code	Credit value	Unit level	
Using Money	WJB272	L/504/3453	2	E2	View unit specification
Using Money	WJF533	A/504/3478	3	E1	View unit specification
Using Money	WJF534	M/504/3512	2	E3	View unit specification
Using Shape	WJB273	H/504/3460	2	E2	View unit specification
Using Shape	WJF539	R/504/3471	3	E1	View unit specification
Using Shape	WJF540	L/504/3467	2	E3	View unit specification
Using Time	WJB274	J/504/3466	1	E2	View unit specification
Using Time	WJF541	R/504/3499	2	E1	View unit specification
Using Time	WJF542	Y/504/3536	1	E3	View unit specification
Using Whole Numbers	WJF543	D/507/6540	3	E1	View unit specification
Using Whole Numbers	WJF544	T/507/6544	3	E2	View unit specification
Using Whole Numbers	WJF545	A/507/6545	3	E3	View unit specification
Working with Fractions	WJB281	Y/503/3475	2	E2	View unit specification
Working With Fractions	WJF548	L/507/6694	2	E1	View unit specification
Working With Fractions	WJF549	D/503/3476	2	E3	View unit specification
Working with Measures	WJB282	A/503/3470	3	E2	View unit specification
Working With Measures	WJF550	M/507/6381	3	E1	View unit specification
Working With Measures	WJF551	J/503/3469	3	E3	View unit specification
Writing with Meaning	WJB283	Y/504/3441	3	E2	View unit specification
Writing With Meaning	WJF554	T/507/6382	3	E1	View unit specification
Writing With Meaning	WJF555	F/507/6384	3	E3	View unit specification

14.2 Preparation for Work

Unit title	LASER Unit code	Unit code	Credit value	Unit level	
Using Fractions	WJF530	J/507/6693	2	E3	View unit specification

8.1 Sport, Leisure and Recreation

Unit title	LASER Unit code	Unit code	Credit value	Unit level	
Health and Fitness	BZX551	A/501/5194	3	E3	View unit specification