

## LASER Entry Level Certificate in Independent Living (Looking After Yourself and Your Home) (Entry 3)

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

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Household Expenses	CAL125	A/600/6215	3	E1	<a href="#">View unit specification</a>
Household Expenses	CAL126	F/600/6216	3	E2	<a href="#">View unit specification</a>
Household Expenses	CAL128	J/600/6217	3	E3	<a href="#">View unit specification</a>
Household Shopping	CAL130	L/600/6218	3	E1	<a href="#">View unit specification</a>
Household Shopping	CAL135	R/600/6219	3	E2	<a href="#">View unit specification</a>
Household Shopping	CAL137	L/600/6221	3	E3	<a href="#">View unit specification</a>
Independent Living	CAK958	F/600/6149	1	E3	<a href="#">View unit specification</a>
Introduction To Whole Numbers	WJB238	Y/503/3461	1	E2	<a href="#">View unit specification</a>
Introduction To Whole Numbers	WJF500	F/507/6546	1	E1	<a href="#">View unit specification</a>
Introduction To Whole Numbers	WJF501	D/503/3462	1	E3	<a href="#">View unit specification</a>
Kitchen Hygiene	CAL139	A/600/6201	1	E1	<a href="#">View unit specification</a>
Kitchen Hygiene	CAL140	F/600/6202	1	E2	<a href="#">View unit specification</a>
Kitchen Hygiene	CAL141	J/600/6203	1	E3	<a href="#">View unit specification</a>
Looking after Clothes	CAL085	R/600/6270	3	E1	<a href="#">View unit specification</a>
Looking after Clothes	CAL086	D/600/6272	3	E2	<a href="#">View unit specification</a>
Looking after Clothes	CAL089	R/600/6284	3	E3	<a href="#">View unit specification</a>
Looking after Yourself and Your Home	CAK987	D/600/6157	1	E3	<a href="#">View unit specification</a>
Make a Simple Meal	CAL142	R/600/6222	3	E1	<a href="#">View unit specification</a>
Make a Simple Meal	CAL143	Y/600/6223	3	E2	<a href="#">View unit specification</a>
Make a Simple Meal	CAL144	D/600/6224	3	E3	<a href="#">View unit specification</a>
Making Choices	CAK943	M/600/6485	1	E1	<a href="#">View unit specification</a>
Making Choices	CAK944	T/600/6486	1	E2	<a href="#">View unit specification</a>
Making Choices	CAK945	A/600/6487	1	E3	<a href="#">View unit specification</a>
Measure: Weight	WJC805	Y/506/0921	1	E3	<a href="#">View unit specification</a>
Measure: Weight	WJF506	L/507/6372	1	E1	<a href="#">View unit specification</a>
Measure: Weight	WJF507	T/507/6463	1	E2	<a href="#">View unit specification</a>
Personal Awareness	CAK946	A/600/6490	2	E1	<a href="#">View unit specification</a>
Personal Awareness	CAK947	F/600/6491	2	E2	<a href="#">View unit specification</a>
Personal Awareness	CAK948	L/600/6493	2	E3	<a href="#">View unit specification</a>
Personal Care and Hygiene	CAL090	M/600/6289	3	E1	<a href="#">View unit specification</a>
Personal Care and Hygiene	CAL091	H/600/6290	3	E2	<a href="#">View unit specification</a>
Personal Care and Hygiene	CAL092	K/600/6291	3	E3	<a href="#">View unit specification</a>
Personal Health	CAL093	A/600/6294	3	E1	<a href="#">View unit specification</a>
Personal Health	CAL094	F/600/6295	3	E2	<a href="#">View unit specification</a>
Personal Health	CAL095	L/600/6297	3	E3	<a href="#">View unit specification</a>

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

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

## 14.2 Preparation for Work

Unit title	LASER Unit code	Unit code	Credit value	Unit level	
Using Fractions	WJF530	J/507/6693	2	E3	<a href="#">View unit specification</a>

## 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	<a href="#">View unit specification</a>