

**Unit Title:** Eating A Balanced Diet  
**Unit Level:** Entry 1  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** CAL072  
**Ofqual Unit Code:** T/600/6262

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand what makes a balanced diet.	1.1	Participate in a discussion about healthy eating.
		1.2	Identify different food sources.
		1.3	Identify different fruit and vegetables.
2.	Understand what is meant by healthy eating.	2.1	Identify a benefit of healthy eating.
		2.2	Identify a health problem linked with a poor diet.
3.	Know how to prepare a balanced meal.	3.1	Identify a healthy cooking method.
		3.2	Participate in the preparation of a healthy balanced meal.
4.	Understand the need for basic food hygiene.	4.1	Identify a basic food hygiene requirement.

**Assessment Guidance:**

As an E1 unit it is expected that the learner may require some support and prompting when doing the assessment but will be able to provide meaningful and appropriate responses to the tasks. The unit is only assessed at the application stage of the continuum.

**Additional Information:**

NA