

Unit Title: Eating A Balanced Diet
Unit Level: Entry 2
Unit Credit Value: 3
GLH: 30
LASER Unit Code: CAL075
Ofqual Unit Code: A/600/6263

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.
		1.4	Identify main food groups.
		1.5	Give an example of food from each group.
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 two healthy cooking methods.
		3.2	Participate in the preparation of two healthy balanced meals.
4.	Understand the need for basic food hygiene.	4.1	Identify three basic food hygiene requirements.

Assessment Guidance:

As an E2 unit it is expected that the learner may require some assistance in the form of prompts for the assessment. Practical tasks may be in a simulated environment.

Additional Information:

NA