

Unit Title: Eating A Balanced Diet
Unit Level: Entry 3
Unit Credit Value: 3
GLH: 30
LASER Unit Code: CAL077
Ofqual Unit Code: F/600/6264

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 four different food sources.
		1.3	Identify six different fruit and vegetables.
		1.4	List the five main food groups.
		1.5	Give three examples of foods from each group.
2.	Understand what is meant by healthy eating.	2.1	Identify three benefits of healthy eating.
		2.2	Identify three health problems 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 three healthy balanced meals.
4.	Understand the need for basic food hygiene.	4.1	Identify at least four basic food hygiene requirements.

Assessment Guidance:

As an E3 level unit it is expected that the learner for the majority of the assessment will be acting independently with any support being minimal. Practical tasks should normally be in a real environment.

Additional Information:

NA