

Unit Title: Food And Health
Unit Level: Entry 2
Unit Credit Value: 4
GLH: 40
LASER Unit Code: WJB184
Ofqual Unit Code: A/600/8921

This unit has 3 learning outcomes.

| LEARNING OUTCOMES | | ASSESSMENT CRITERIA | |
|-------------------|--|---------------------|--|
| The learner will: | | The learner can: | |
| 1. | Understand the principles of a healthy diet. | 1.1 | Give basic explanation of current nutritional guidelines. |
| | | 1.2 | Identify the main nutrients needed by the body. |
| | | 1.3 | Illustrate results of poor food choice. |
| 2. | Be able to apply dietary knowledge to plan meals to meet dietary needs. | 2.1 | Identify dishes / meals from a selection. |
| 3. | Be able to use a range of practical skills to make healthy meals / food items. | 3.1 | Prepare a number of healthy dishes e.g. salads, soups, fruit dishes, stir fry, kebabs. |

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| Assessment Guidance: |
| NA |

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| Additional Information: |
| NA |