

Unit Title: Healthy Lifestyles
Unit Level: Entry 2
Unit Credit Value: 2
GLH: 20
LASER Unit Code: WJB185
Ofqual Unit Code: L/502/4577

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know what is needed for a healthy body.	1.1	Communicate three things needed for a healthy body.
		1.2	Identify three good eating habits.
		1.3	Identify three physical activities which promote fitness.
2.	Know about the importance of protection from the sun and how to achieve it.	2.1	Communicate one reason why protection from the sun is important.
		2.2	Communicate two ways to achieve this.
3.	Know about the roles of some given healthcare services.	3.1	Identify the roles of four given healthcare services.

Assessment Guidance:
NA

Additional Information:
NA