

Unit Title: Healthy Living
Unit Level: Entry 3
Unit Credit Value: 3
GLH: 30
LASER Unit Code: WJC358
Ofqual Unit Code: F/506/0590

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know why personal fitness is important.	1.1	State why personal fitness is important to good health.
		1.2	Identify an activity for developing personal fitness in relation to weight, health and age.
2.	Know about the role of a balanced diet in promoting personal good health.	2.1	Identify food items which promote good health.
		2.2	Plan a well-balanced healthy meal.
3.	Know about the importance of personal hygiene and good grooming.	3.1	State a reason for the need for personal hygiene.
		3.2	Identify a basic routine for maintaining personal hygiene.
4.	Know about the basic issues of sex education and contraception.	4.1	Identify methods of contraception currently available.
		4.2	Identify the features of common sexually transmitted diseases.
5.	Know how to take responsibility for own health and lifestyle through action planning for the future.	5.1	Set a personal target / goal in relation to own health / lifestyle.
		5.2	State how this can be achieved.

Assessment Guidance:

NA

Additional Information:

NA