

Unit Title: Developing Skills For Hygiene And Health
Unit Level: Entry 3
Unit Credit Value: 3
GLH: 30
LASER Unit Code: WJC462
Ofqual Unit Code: J/506/0624

This unit has 6 learning outcomes.

| LEARNING OUTCOMES | | ASSESSMENT CRITERIA | |
|-------------------|---|---------------------|---|
| The learner will: | | The learner can: | |
| 1. | Know how to maintain a clean home. | 1.1 | State why it is important to keep a kitchen and bathroom clean. |
| | | 1.2 | Identify cleaning materials used to clean a sink, bath/shower and toilet. |
| | | 1.3 | Identify different floor surfaces. |
| | | 1.4 | State how to clean different floor surfaces. |
| 2. | Know how to care for clothing. | 2.1 | Give an example of a sign that an item of clothing needs to be washed. |
| | | 2.2 | Identify different ways to keep clothing in good condition. |
| 3. | Know how to maintain personal hygiene. | 3.1 | Identify occasions when it is important to wash hands. |
| | | 3.2 | Identify toiletry products that could be used as part of a full body washing routine. |
| | | 3.3 | State the recommended interval between dental checkups for self. |
| 4 | Be able to clean own teeth. | 4.1 | Demonstrate a good dental brushing technique. |
| 5. | Know how to maintain a healthy body. | 5.1 | Identify requirements for a healthy body. |
| | | 5.2 | Give examples of foods which are good for maintaining a healthy body. |
| 6. | Understand the importance of regular sight tests. | 6.1 | State reasons for having a regular sight test. |
| | | 6.2 | State the recommended interval between eye tests for self. |

Assessment Guidance:

NA

Additional Information:

NA