

**Unit Title:** Understanding Nutrition, Performance And Healthy Eating  
**Unit Level:** Level 1  
**Unit Credit Value:** 3  
**GLH:** 27  
**LASER Unit Code:** WJC541  
**Ofqual Unit Code:** K/506/0955

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the function of food.	1.1	List the main functions of food.
2.	Understand diet.	2.1	Outline the concept of a balanced diet.
		2.2	List different sorts of diets.
3.	Understanding the basic principles of weight control.	3.1	Outline the principles of fat weight loss, lean weight gain and weight maintenance.
		3.2	List the links between exercise and weight control.
		3.3	Outline appropriate practical exercise sessions.
4.	Understand why a balanced diet is required to maximise performance.	4.1	Outline why a balanced diet is required to maximise performance.
5	Understand how to promote healthy eating.	5.1	State ways of promoting healthy eating.

**Assessment Guidance:**

NA

**Additional Information:**

NA