

**Unit Title:** Healthy Living  
**Unit Level:** Level 1  
**Unit Credit Value:** 3  
**GLH:** 27  
**LASER Unit Code:** WJC568  
**Ofqual Unit Code:** L/506/0592

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about personal fitness.	1.1	Identify reasons for developing personal fitness.
		1.2	Select activities that will develop personal fitness.
2.	Know about healthy eating.	2.1	Identify the principles of healthy eating.
		2.2	Design nutritionally balanced meals for self.
3.	Know about personal hygiene and grooming.	3.1	State reasons for the need for personal hygiene.
		3.2	State reasons for the need for good grooming.
4.	Know about sex education and contraception.	4.1	Identify methods of contraception.
		4.2	Identify sexually transmitted diseases.
		4.3	Identify the causes of sexually transmitted diseases.
5.	Know how to take responsibility for own health and lifestyle.	5.1	Identify choices about own health and lifestyle.
		5.2	Produce an action plan to improve own health and lifestyle.

**Assessment Guidance:**

NA

**Additional Information:**

NA