

**Unit Title:** Understanding The Importance Of A Balanced Diet And Regular Exercise  
**Unit Level:** Level 1  
**Unit Credit Value:** 1  
**GLH:** 9  
**LASER Unit Code:** WJC782  
**Ofqual Unit Code:** Y/506/0613

This unit has 2 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the importance of a balanced diet to a healthy lifestyle.	1.1	Identify the food groups which are essential for a balanced diet.
		1.2	State how much of an average person's daily intake of food should come from each food group.
		1.3	Indicate how a balanced diet contributes to a healthy lifestyle.
2.	Understand the importance of regular exercise to a healthy lifestyle.	2.1	Identify different types of exercise.
		2.2	State how much exercise it is recommended an average person should take in a week.
		2.3	Indicate how regular exercise contributes to a healthy lifestyle.

**Assessment Guidance:**

NA

**Additional Information:**

NA