

Unit Title: Plan And Cook For A Healthy Lifestyle
Unit Level: Level 2
Unit Credit Value: 3
GLH: 24
LASER Unit Code: WJD457
Ofqual Unit Code: Y/504/8655

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know major food groups and their functions.	1.1	Describe the major food groups.
		1.2	Explain each food groups function for healthy living.
2.	Understand the different dietary needs of specific groups of people.	2.1	Describe the different dietary requirements of various groups of people.
3.	Be able to apply dietary knowledge in menu planning.	3.1	Plan nutritious menus for people with different dietary needs.
		3.2	Explain why nutritious menus may help to maintain a healthy lifestyle.
4.	Be able to provide nutritious healthy meals.	4.1	Identify ingredients for healthy meals.
		4.2	Prepare healthy two-course meals for people with different dietary needs.

Assessment Guidance:

NA

Additional Information:

NA