

Unit Title: Nutrition, Performance And Healthy Eating
Unit Level: Level 2
Unit Credit Value: 3
GLH: 24
LASER Unit Code: WJD506
Ofqual Unit Code: M/504/8970

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the function of food.	1.1	Explain the main functions of food.
		1.2	Outline the basic principles of digestion and absorption.
		1.3	Summarise the components of food and how these are needed in everyday diets.
2.	Understand the relationship between food and health.	2.1	Discuss the concept of a balanced diet.
		2.2	Describe different sorts of diets.
		2.3	Discuss ways of promoting healthy eating.
3.	Understand the basic principles of weight control.	3.1	Describe the principles of: (a) fat weight loss (b) lean weight gain (c) weight maintenance.
		3.2	Describe the links between exercise and weight control.
		3.3	Design practical exercise sessions.
4.	Understand why a balanced diet is required to maximise performance.	4.1	Explain why a balanced diet is required to maximise performance.

Assessment Guidance:

NA

Additional Information:

NA
