

Unit Title: Nutrition And Healthy Eating
Unit Level: Level 3
Unit Credit Value: 3
GLH: 21
LASER Unit Code: WJD565
Ofqual Unit Code: M/504/8967

This unit has 5 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	Describe the basic principles of digestion and absorption.
		1.3	Describe the components of food.
		1.4	Explain how the identified components are needed in everyday diets.
2.	Understand the relationship between food and health.	2.1	Explain the concept of a balanced diet.
		2.2	Assess different types of diet.
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	Evaluate 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.
		4.2	Design a balanced diet to maximise performance in a given activity.
5.	Understand how to promote healthy eating.	5.1	List way to promote healthy eating.
		5.2	Evaluate ways of promoting healthy eating.

Assessment Guidance:

NA

Additional Information:

NA
