

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Understanding Nutrition and Healthy Eating
Unique Reference Numbers:	D/506/7790
Level:	Level 3
Credit Value:	3
Minimum GLH:	21

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (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 and explain how these 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 sorts of diet.
3. Understand the basic principles of weight control.	3.1 Describe the principles of fat weight loss, lean weight gain and weight maintenance.
	3.2 Evaluate the links between exercise and weight control.
	3.3 Design appropriate 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 Evaluate ways of promoting healthy eating.