

# Open Awards Qualification Unit



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## 1 Unit Details

Unit Title:	Nutrition and Weight Management
Unit Reference Number:	L/507/6730
Level:	Level 2
Credit Value:	6
Minimum GLH:	48

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the importance of adequate nutrition	1.1 Describe the function of: a) Carbohydrate b) Fat c) Protein d) Water e) Vitamins f) Minerals
	1.2 Identify common dietary sources of: a) Carbohydrate b) Fat c) Protein d) Water e) Vitamins f) Minerals
	1.3 Describe the link between nutrition and disease.
2. Know about the components of a healthy diet.	2.1 Outline government guidelines for: a) Energy b) Fat c) Protein d) Carbohydrate e) Alcohol intake

	2.2	Describe how to decrease the following in a diet: a) Fat b) Sugar c) Salt
	2.3	Describe how to increase fibre content in a diet
	2.4	Outline current dietary guidelines
	2.5	Identify the five food groups
	2.6	Give examples of preferred food choices in each of the five food groups
3. Be able to give recommendations for healthy eating in and away from the home	3.1	Explain healthy food options when eating at home
	3.2	Explain healthy food options for different occasions when eating away from home
	3.3	Assess different diets giving recommendations for improvement
4. Know about effective methods of weight loss	4.1	Define obesity
	4.2	Outline the health risks of excess body fat
	4.3	Describe the energy balance equation
	4.4	Describe the characteristics of an effective weight management programme.
	4.5	Identify weight loss myths and problems linked to some diet products
5. Be able to plan a weight management programme for a selected individual	5.1	Collect information to plan a weight management programme
	5.2	Identify suitable goals for the weight management programme
	5.3	Plan a three week weight management programme incorporating exercise and dietary modifications