

Open Awards

Quality Endorsed Unit



1 Unit Details

Unit Title:	Healthy Eating
Unit Code:	PA9/1/WR/021
Level:	Level 1
Credit Value:	3

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the importance of a balanced diet.	1.1 State the importance of a balanced diet.
	1.2 Identify the five food groups needed for a balanced diet.
	1.3 With your child, plan either a lunchbox or a breakfast using all five food groups.
2. Know how to involve your child in regular, shared mealtimes.	2.1 Identify at least two ways they can make regular, shared mealtimes fun.
3. Know and use a variety of fruits and vegetables.	3.1 Plan a day's meal using five portions of fruit/vegetables.
4. Understand the importance of water and fluids in the diet.	4.1 Give at least two benefits of drinking water regularly.
	4.2 Identify the effects of drinking too little water.
	4.3 Give at least two examples of healthy drinks which you have made with your child.
5. Know how to make healthier lifestyle choices.	5.1 Identify at least one healthy lifestyle choice
	5.2 Give three ways of reducing sugar in the diet.
	5.3 Give two examples of a food that has high fat content.
6 Know about additives in food.	6.1 Discuss the use of additives in food including salt.

	6.2 Choose at least two foods and list the additives.
7. Know about their child's eating habits and how to encourage a healthy diet.	7.1 Talk about their child's eating habits.
	7.2 Give at least two ways they have encouraged their child to eat healthily.