

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Introductory Awareness of the Importance of Healthy Eating and Drinking for Adults
Unit Reference Number:	R/506/3252
Level:	Level 1
Credit Value:	3
Minimum GLH:	24

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the importance of healthy eating	1.1 Outline what is meant by a balanced diet
	1.2 Give examples of the effects on health if a diet is not balanced
	1.3 Give examples of ways that food can contribute to helping an individual to stay healthy
	1.4 Outline ways to inform individuals to eat a balanced diet
2. Understand the importance of drinking enough to stay healthy	2.1 State the recommended daily fluid intake to stay healthy
	2.2 Outline how drinking enough can help to stay healthy
	2.3 Identify the effects to health of not drinking enough
	2.4 Give examples of signs of not drinking enough
	2.5 Outline ways to encourage individuals to drink enough to stay healthy