

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Diet Advice in Lifestyle and Weight Management
Unit Reference Number:	A/507/6724
Level:	Level 2
Credit Value:	2
Minimum GLH:	10

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the types of diet and the differences between them	1.1 Identify the different types of diet
	1.2 Describe the key characteristics of different types of diet
	1.3 Explain the differences between types of diet
2. Understand the calories and their relationship to a healthy diet	2.1 Explain what a calorie is
	2.2 Identify the recommended calorie intake for men and women to maintain a healthy diet
	2.3 Identify a range of issues that affect calorie intake
	2.4 Identify the calorie level for a range of food stuffs
3. Be able to advise clients and produce diet plans for individuals	3.1 Produce a diet plan to improve eating patterns
	3.2 Explain how calorie intake has been managed throughout a diet plan
	3.3 Define a realistic target for individuals trying to lose weight, with considerations of: a) Height b) Activity c) Work role d) Gender

- 3.4 Identify the potential obstacles to diet individuals may experience in relation to the following:
- a) Physical
 - b) Physiological
 - c) Economic