

## Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Understand How to Look After Personal Health and Hygiene

**Unit Reference Number:** K/615/4750

**Level:** Level One (1)

**Credit Value:** One (1)

**Minimum Guided Learning Hours:** Nine (9)

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the importance of personal hygiene	1.1 Outline why regular bathing or showering should be part of a personal routine
	1.2 Outline how to find and register with a minimum of 2 required healthcare services
	1.3 Identify when a doctor and dentist should be visited
2. Understand the importance of caring for clothes and other laundry	2.1 Outline the reasons why clothes and other laundry should be changed and washed regularly
	2.2 Give the meanings for care symbols shown on clothes and other laundry
3. Understand the importance of a balanced diet to a healthy lifestyle	3.1 State what is meant by a balanced diet
	3.2 Identify the essential food groups in a balanced diet
	3.3 Plan a week of balanced meals with a given budget
4. Understand the importance of exercise to a healthy lifestyle	4.1 State how lack of exercise can affect the body
	4.2 Identify different types of exercise that could be taken