

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Understanding a Balanced Diet

Unit Reference Number: J/615/5713

Level: Entry Level One (1)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand what makes a balanced diet	1.1 Participate in a discussion about healthy eating
	1.2 Identify different food sources
	1.3 Identify different fruit and vegetables
2. Understand what is meant by healthy eating	2.1 Identify a benefit of healthy eating
	2.2 Identify a health problem linked with a poor diet
3. Know how to prepare a balanced meal	3.1 Identify a healthy cooking method
	3.2 Participate in the preparation of a healthy balanced meal
4. Understand the need for basic food hygiene	4.1 Identify a basic food hygiene requirement