

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Healthy Living
Unit Reference Number:	R/615/5665
Level:	Entry 1
Credit Value:	2
Minimum GLH:	20

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Recognise what is needed to lead a healthy lifestyle	1.1 Identify at least two different things they can do to contribute to a healthy lifestyle
2. Demonstrate how they can contribute to a healthy lifestyle	2.1 Participate in an activity to contribute to a healthy lifestyle