

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Planning a Healthy Diet
Unit Reference Number:	F/615/6357
Level:	Entry 3
Credit Value:	20
Minimum GLH:	2

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know the principles and benefits of a healthy diet	1.1 Identify the key elements of a healthy diet in relation to food and drink
	1.2 Outline the main health benefits of a healthy diet
2. Know the factors to be considered when planning a healthy diet for an individual	2.1 Give examples of the sorts of personal information needed about an individual when planning their diet