

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Understanding a Balanced Diet
Unit Reference Number	H/615/6514
Level:	Entry 3
Credit Value:	3
Minimum GLH:	30

2 Learning Outcomes and Criteria

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 four different food sources
	1.3 Identify six different fruits and vegetables
	1.4 List the five main food groups
	1.5 Give three examples of foods from each group
2. Understand what is meant by healthy eating	2.1 Identify three benefits of healthy eating
	2.2 Identify three health problems linked with a poor diet
3. Know how to prepare a balanced meal	3.1 Identify three healthy cooking methods
	3.2 Participate in the preparation of three healthy balanced dishes
4. Understand the need for basic food hygiene	4.1 Identify at least four basic food hygiene requirements