

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Understanding a Balanced Diet

**Unit Reference Number:** K/615/6790

**Level:** Entry Level Two (2)

**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 three different food sources
	1.3 Identify main food groups
	1.4 Give an example of food from each group
2. Understand what is meant by healthy eating	2.1 Identify two benefits of healthy eating
	2.2 Identify two health problems linked with a poor diet
3. Know how to prepare a balanced meal	3.1 Identify two healthy cooking methods
	3.2 Participate in the preparation of two healthy balanced meals
4. Understand the need for basic food hygiene	4.1 Identify at least three basic food hygiene requirements