

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Planning a Healthy Diet
Unit Reference Number:	K/615/8636
Level:	Level 1
Credit Value:	3
Minimum GLH:	27

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 Outline the importance of balance, moderation and variety, and appropriate fluid intake to a healthy diet
	1.2 Describe ways in which a healthy diet contributes to physical and mental well-being
2. Know why it is important to understand an individual's needs when planning their diet	2.1 Outline the personal information needed about an individual when planning their diet
	2.2 State why this information is important in diet-planning
3. Be able to plan a healthy diet for an individual	3.1 Plan a healthy diet for an individual which is consistent with the principles of healthy eating and takes into account their personal needs