

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Health and Hygiene

Unit Reference Number: H/615/8084

Level: Level One (1)

Credit Value: Three (3)

Minimum Guided Learning Hours: 27

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know how to maintain a clean and hygienic home	1.1 Identify why it is important to keep a kitchen and bathroom clean
	1.2 Identify cleaning materials used to clean the sink, bath, shower and toilet
	1.3 Identify different floor surfaces
	1.4 Outline how to clean different floor surfaces
	1.5 Identify cleaning materials to clean small objects
	1.6 State methods used to clean small objects
2. Know how to care for clothing	2.1 Identify the key factors indicating when particular clothing needs washing
	2.2 Identify different ways to keep clothing in good condition
	2.3 Perform a laundry task
3. Know about the need for basic personal hygiene	3.1 Identify when it is important to wash hands
	3.2 Outline the need for regular full body washing routines
	3.3 Name toiletry products that may be used
	3.4 Give reasons for the need for regular dental check ups
	3.5 State the recommended interval between dental check ups

	3.6 Demonstrate good dental cleaning techniques
	3.7 Identify why good dental cleaning techniques are necessary
4. Know how to maintain a healthy body	4.1 Identify the requirements for a healthy body
	4.2 Name foods which are good for maintaining a healthy body
	4.3 Identify why these help to maintain a healthy body
5. Understand the importance of regular eye tests	5.1 Outline why regular eye tests are important
	5.2 State the standard interval between eyesight tests for people who wear glasses