Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Health and Hygiene

Unit Reference Number: A/618/1225

Level: Entry Level One (1)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know how to maintain a clean environment	1.1 Communicate why it is important to keep a room clean
	1.2 Identify cleaning materials
	1.3 Demonstrate how to clean a room
2. Know how to care for clothing	2.1 Communicate why an item of clothing needs to be washed
	2.2 Communicate a way to keep clothing in good condition
3. Know how to maintain personal hygiene	3.1 Communicate when it is important to wash hands
	3.2 Demonstrate a good dental brushing technique
4. Know how to maintain a healthy body	4.1 Communicate one requirement for a healthy body
	4.2 Identify a food which is good for maintaining a healthy body
5. Understand the importance of regular sight tests	5.1 Communicate a reason for having a regular sight test

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