

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Healthy Lifestyles

**Unit Reference Number:** F/618/1226

**Level:** Entry Level One (1)

**Credit Value:** Two (2)

**Minimum Guided Learning Hours:** 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know what is needed for a healthy body	1.1 Communicate two things needed for a healthy body
	1.2 Identify two good eating habits
	1.3 Identify two physical activities which promote fitness
2. Know about the importance of protection from the sun and how to achieve it	2.1 Communicate one reason why protection from the sun is important
	2.2 Communicate two ways to achieve protection from the sun
3. Know about the roles of given healthcare services	3.1 Identify the roles of two healthcare services