

Planning a Healthy Diet	
Level:	One
Credit Value:	3
GLH:	30
OCNLR Unit Code:	PA1/1/LQ/022
Ofqual Unit Reference Number:	A/508/1423

This unit has 3 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know the principles and benefits of a healthy diet.	1.1. Outline the importance of balance, moderation, variety, and appropriate fluid intake to a healthy diet. 1.2. Outline 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. List 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.

Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

P = Prescribed This assessment method *must* be used to assess all or part of the unit.

O = Optional This assessment method *could* be used to assess all or part of the unit.

Case Study	O	Project	
Written question & answer/test/exam	O	Role play/simulation	O
Essay		Practical demonstration	O
Report		Group discussion	
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	
Reflective log/diary		Practice file	