

Unit Title: Understanding the Importance of a Balanced Diet and Regular Exercise	
Level:	Entry Three
Credit Value:	1
GLH:	10
OCNLR Unit Code:	PA1/E3/LQ/012
Ofqual Unit Reference Number:	D/617/9077

This unit has 2 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the importance of a balanced diet to a healthy lifestyle.	1.1. Give an example of two main types of food which are essential for a balanced diet. 1.2. Identify how a balanced diet is required for the body to maintain a healthy lifestyle.
2. Understand the importance of regular exercise to a healthy lifestyle.	2.1. Give examples of two different types of exercise. 2.2. Outline the recommended amount of exercise an average man/woman should take every week to maintain a healthy lifestyle. 2.3. Give one example of how regular exercise contributes to a healthy lifestyle.

Assessment

The grid below provides suggestions for the types of assessment activities that can be used with the unit attached to provide evidence for the learner's portfolio. Please refer to the OCN London Assessment Guidance document for definitions of each activity and the expectations for assessment practice and evidence for moderation.

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