

**UNIT TITLE:** Understanding Nutrition, Performance and Healthy Eating

**LEVEL:** Two  
**CREDIT VALUE:** 3  
**NOCN UNIT CODE:** NH2/2/QQ/005  
**ACCREDITED UNIT NO:** R/103/0176

This unit has 5 learning outcomes.

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand the function of food. <sup>1</sup>	1.1 Explain the main functions of food. 1.2 Outline the basic principles of digestion and absorption. 1.3 Summarise the components of food and say how these are needed in everyday diets.
2. Understand the relationship between food and health.	2.1 Discuss the concept of a balanced diet. 2.2 Describe a number of different sorts of diet.
3. Understand the basic principles of weight control.	3.1 Describe the principles of fat weight loss, lean weight gain and weight maintenance. 3.2 Consider the links between exercise and weight control. 3.3 Design appropriate practical exercise sessions.
4. Understand why a balanced diet is required to maximise performance.	4.1 Explain why a balanced diet is required to maximise performance.
5. Understand how to promote healthy eating.	5.1 Discuss ways of promoting healthy living.

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### ASSESSMENT INFORMATION

**Guidance:**

This grid gives details of the assessment activities to be used with the unit attached. Please refer to the NOCN Centre Handbook for definitions of each activity and the expectations for assessment practice and evidence for moderation.

**The assessment activities for this unit are indicated in the table below:**

**Key:** **P = Prescribed** – this assessment method *must* be used to assess the unit.  
**O = Optional** – this assessment method *could* be used to assess the unit.

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

### Signposting Key Skills

This unit offers clear opportunities for learners to provide evidence of achievement in Key Skills achievement in the following skill area/s:

<b>Key Skill</b>		<b>Wider Key Skill</b>	
Communication	✓	Working with others	
Information Technology		Problem solving	
Application of Number	✓	Improving Own Learning and Performance	