

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

**LEVEL:                 Three**

**CREDIT VALUE: 3**

**NOCN UNIT CODE:       NH23QQ001**

**ACCREDITED UNIT NO:  F/102/9623**

This unit has 5 learning outcomes.

<b>LEARNING OUTCOMES</b>	<b>ASSESSMENT CRITERIA</b>
<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 Describe the basic principles of digestion and absorption. 1.3 Describe the components of food and explain how these are needed in everyday diets.
2. Understand the relationship between food and health.	2.1 Explain the concept of a balanced diet. 2.2 Assess 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 Evaluate 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. 4.2 Design a balanced diet to maximise performance in a given activity.
5. Understand how to promote healthy eating.	5.1 Evaluate ways of promoting healthy eating.

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<sup>1</sup>

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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	O
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:

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