

UNIT TITLE: Understanding Nutrition, Performance and Healthy Eating

LEVEL: One
CREDIT VALUE: 3
GLH: 27
NOCN UNIT CODE: PA1/1/QQ/001
ACCREDITED UNIT NO: L/500/5091

This unit has 5 learning outcomes.

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the function of food. (SLIr/L1.5; SLc/L1.3)	1.1. List the main functions of food. 1.2. State the basic principles of digestion and absorption. 1.3. List the components of food and say how these are needed in everyday diets.
2. Understand the relationship between food and health. (SLc/L1.3)	2.1. Outline the concept of a balanced diet. 2.2. List different sorts of diets.
3. Understand the basic principles of weight control. (SLc/L1.3; SLc/L1.4; Wt/L1.3)	3.1. Outline the principles of fat weight loss, lean weight gain and weight maintenance. 3.2. List the links between exercise and weight control. 3.3. Suggest appropriate practical exercise sessions.
4. Understand why a balanced diet is required to maximise performance. (SLIr/L1.5)	4.1. Outline why a balanced diet is required to maximise performance.
5. Understand how to promote healthy eating. (SLIr/L1.5; Wt/L1.3)	5.1. State ways of promoting healthy eating.

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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:

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