

UNIT TITLE: Understanding Nutrition and Weight Management

LEVEL: Two
CREDIT VALUE: 6
GLH: 48
NOCN UNIT CODE: PA1/2/QQ/005
ACCREDITED UNIT NO: J/500/5087

This unit has 5 learning outcomes.

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the importance of adequate nutrition. (HSC23; KSF HWB1, HWB3) (SLc/L2.4)	Describe the function of carbohydrate, fat, protein, water, vitamins and minerals. Identify common dietary sources of carbohydrate, fat, protein, water, vitamins and minerals. Describe the link between nutrition and disease.
2. Understand the components of a healthy diet. (HSC23; KSF HWB4)	Outline government guidelines for energy, fat, protein, carbohydrate and alcohol intake. Describe how to decrease fat, sugar, salt and increase fibre content of the diet. Outline general dietary guidelines and the five food groups. Give examples of preferred food choices in each of the five food groups.
3. Give recommendations for healthy eating in and away from the home. (HSC23; KSF HWB1, HWB3) (SLc/L2.4)	Explain healthy food options when eating at home. Explain healthy food options for two different occasions of eating away from home. Assess a range of diets and give recommendations for improvement.

Mapped to Health and Social Care NOS, Skills for Care & Development, 2005.
 Mapped to NHS Knowledge and Skills Framework 2005.
 Mapped to the Adult Literacy Core Curriculum, 2001.

Please note: Achievement of this unit does not provide evidence against the Care Standards Act requirements.

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
4. Understand effective methods of weight loss. (HSC23; KSF HWB1, HWB3) (SLc/L2.4)	Define obesity and outline the health risks of excess body fat. Describe the energy balance equation. Describe the characteristics of an effective weight management programme. Identify weight loss myths and problems with some diet products.
5. Plan a weight management programme for a selected individual. (SLc/L2.3; SLcL2.4)	Collect relevant information to plan a weight management programme. Identify suitable goals for the weight management programme. Plan a three week weight management programme incorporating exercise and dietary modifications.

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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	O	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	