

UNIT TITLE: Planning and Cooking For a Healthy Lifestyle

LEVEL: Two
CREDIT VALUE: 3
GLH: 24
NOCN UNIT CODE: PT1/2/QQ/026
ACCREDITED UNIT NO: J/500/4831

This unit has 4 learning outcomes.

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know different food groups and their functions. (SLc/L2.3)	1.1. Describe the major food groups and the importance of each to healthy living.
2. Understand the differing dietary needs within specific groups of people. (SLc/L2.3)	2.1. Describe the different dietary requirements of various groups of people. 2.2. Explain how to encourage these groups to keep to a diet that encourages them to maintain a healthy diet.
3. Apply dietary knowledge in menu planning. (SLc/L2.4)	3.1. Plan nutritious menus for at least two groups for two different occasions. 3.2. Discuss why they help to maintain a healthy life style.
4. Know how to provide nutritious healthy meals. (SLc/L2.4)	4.1. Prepare and cook a nutritious healthy meal of at least two courses for at least two groups of people for two different occasions.

UNIT TITLE: Planning and Cooking For a Healthy Lifestyle

LEVEL: Two
CREDIT VALUE: 3
GLH: 24
NOCN UNIT CODE: PT1/2/QQ/026
ACCREDITED UNIT NO: J/500/4831

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		Role play/simulation	
Essay		Practical demonstration	P
Report	P	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	