



Unit Title: Understanding Nutrition, Healthy Eating and Weight Management
Unit Level: Two
Unit Credit Value: 6
Total Unit Time: 60 hours
Guided Learning Hours: 48
Other Learning Hours: 12
Unit Code: NH2/2/NE/003
Unit Review Date: 31/07/2021
This unit is not part of a regulatory framework

Purpose and Aim of the Unit:	The purpose of the unit is to develop learners' understanding of nutrition and healthy eating in relation to weight management. Specifically, the unit aims to enable learners to develop the skills to provide recommendations in relation to healthy eating and to create weight management plans.
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This unit has 5 learning outcomes.

Learning Outcomes	Assessment Criteria
The learner will:	The learner can:
1. Understand the importance of adequate nutrition.	1.1. Outline current nutrition guidelines in relation to: (a) carbohydrate; (b) fat; (c) protein; (d) water; (e) vitamins; (f) minerals. 1.2. Outline the main dietary sources of: (a) carbohydrate; (b) fat; (c) protein; (d) water; (e) vitamins; (f) minerals. 1.3. Describe the link between nutrition and disease.
2. Know the components of a healthy diet.	2.1. Outline current government guidelines for: (a) energy; (b) fat; (c) protein; (d) carbohydrate; (e) alcohol intake. 2.2. Describe how to reduce dietary: (a) fat; (b) sugar; (c) salt. 2.3. Explain how to increase fibre content within a diet.



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Learning Outcomes	Assessment Criteria
The learner will:	The learner can:
	2.4. Identify the five main food groups. 2.5. Outline the key foods in each of the five main food groups.
3. Be able to provide recommendations for healthy eating in and away from the home.	3.1. Describe three healthy food options which may be prepared at home. 3.2. Describe healthy food options for two different occasions of eating whilst away from home. 3.3. Evaluate two diet plans providing recommendations for improvement.
4. Understand obesity and effective methods of weight loss.	4.1. Define the term obese. 4.2. Describe the main health risks associated with excess body fat. 4.3. Explain the energy balance equation. 4.4. Describe the main characteristics of an effective weight management programme. 4.5. Identify three common weight loss myths. 4.6. Outline two examples of problems associated with diet products.
5. Be able to plan a weight management programme for a selected individual based on changes to exercise and diet.	5.1. Outline the information necessary to plan a weight management programme for a specific individual. 5.2. Outline appropriate goals for a weight management programme. 5.3. Devise a three week weight management programme.



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ASSESSMENT INFORMATION

One Awards promotes the use of a range of methods to assess the skills and knowledge of learners. Please refer to the Assessment Definitions document (available on the One Awards website) which provides guidance on the use of assessment activities at different levels, the evidence which could be generated from these activities and ways in which the assessment activities could be managed.

When planning assessment tasks for this unit, Centres should ensure that the selected assessment methods are relevant to the subject, the assessment criteria and the needs of learners.

All assessment practice for this unit should take an active account of equality and diversity issues. Centres should refer to the guidance in the One Awards Access to Fair Assessment Policy (available on the One Awards website).

USAGE AND COPYRIGHT NOTICE

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