

Component Credit Value:	2
Component Level:	One
Component Guided Learning Hours:	18
Ofqual Component Reference No:	D/617/1867
Component Review Date:	31/07/2023
Component Sector:	1.3 Health and Social Care

Component Summary

The purpose of this component is to introduce learners to key aspects of healthy living. Learners will consider key concepts of a healthy lifestyle such as healthy eating and a healthy diet.

The aim of this component is, therefore, to give learners an introductory awareness of how to maintain a healthy body weight through a balanced diet which will support a healthy lifestyle.

Standards

This component has **3** standards

1	Know how to maintain a healthy body weight
2	Know the requirements of a healthy diet
3	Understand why a healthy lifestyle is important

It is expected that before the component is delivered, the Tutor/Assessor will have read the Qualification Handbook to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled.

Summary of Assessment

This component may be assessed through:

1) an internally set, internally marked and externally verified portfolio of evidence. The information on the following pages details what the learner must successfully complete to achieve the component. Knowledge that must be demonstrated by the learner is highlighted in purple and any associated assessment requirements have been provided. Assessment verbs are displayed in *italics* and expectations for these at each level, along with information on different assessment methods, are available in 'A Guide to Assessing AIM Awards Qualifications' on the AIM Awards website (www.aimawards.org.uk).

This document has been designed to be used as a Record of Learner Achievement Form; Assessors must make it clear to Internal and External Verifiers where achievement of each standard has been evidenced. Once the work has been marked and signed off as meeting the standards by the Assessor, final feedback should be provided to the learner.

Or

2) an externally set, externally marked online Multiple Choice Question (MCQ) exam. The online multiple choice exam must be invigilated by an AIM approved invigilator. Further information on our requirements is detailed in the qualification handbook.

Where a component may be assessed through either portfolio of evidence, or an externally set, externally marked MCQ exam, the centre must choose one of these assessment methods for the assessment of the component.

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1 The learner will know how to maintain a healthy body weight

The learner must know:		Assessment Requirements		Evidence Location
1.a	Low energy foods	Learners must <i>identify</i> from food labels, a minimum of three low energy foods.	The following assessment methods may be used to support the assessment of this standard: <ul style="list-style-type: none"> • Written tasks/questions and answers • Oral questions and answers • Group discussion • Written or pictorial information This list is not exhaustive and other appropriate assessment methods may be used.	
1.b	High energy foods	Learners must <i>identify</i> from food labels, a minimum of three high energy foods.		
1.c	How to identify the energy value of foods	Learners must <i>identify</i> from food labels, the energy values of a minimum of three low energy and a minimum of three high energy foods.		
1.d	How different foods help to maintain a healthy body weight	Learners must <i>outline</i> how low and high energy foods help to maintain a healthy body weight.		

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2 The learner will know the requirements of a healthy diet

The learner must know:		Assessment Requirements		Evidence Location
2.a	Different food groups	Learners must <i>give</i> a minimum of three examples of food from each of the five food groups.	The following assessment methods may be used to support the assessment of this standard: <ul style="list-style-type: none"> • Written tasks/questions and answers • Oral questions and answers • Group discussion • Written or pictorial information This list is not exhaustive and other appropriate assessment methods may be used.	
2.b	Current advice on healthy eating	Learners must <i>summarise</i> the key aspects from current advice on healthy eating.		
2.c	How to create a healthy diet	Learners must use food labels to <i>determine</i> a diet for themselves which will support a healthy diet and lifestyle.		

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3 The learner will **understand why a healthy lifestyle is important**

The learner must understand:		Assessment Requirements		Evidence Location
3.a	Why regular exercise is important to a healthy lifestyle	Learners must <i>outline</i> a minimum of two reasons why regular exercise is important to a healthy lifestyle.	The following assessment methods may be used to support the assessment of this standard: <ul style="list-style-type: none"> • Written tasks/questions and answers • Oral questions and answers • Group discussion • Written or pictorial information This list is not exhaustive and other appropriate assessment methods may be used.	
3.b	Factors which lead to an unhealthy lifestyle	Learners must <i>describe</i> a minimum of two factors which lead to an unhealthy lifestyle.		
3.c	Problems which result from an unhealthy lifestyle	Learners must <i>describe</i> a minimum of two problems which result from an unhealthy lifestyle.		
3.d	Reasons why a healthy diet is important to a healthy lifestyle	Learners must <i>outline</i> a minimum of two reasons why a healthy diet is important to a healthy lifestyle.		

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Final Tutor Feedback (Strengths and Areas for Improvement):

Learner Submission Declaration

I declare that this is an original piece of work and that all of the work is my own unless referenced.

Assessor Declaration

I confirm that this learner's work fully meets all the assessment requirements listed above at the correct level and that any specified evidence requirements have been addressed.

Assessor: _____ **Learner:** _____ **Date:** _____

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Document Version History

<i>Version Number</i>	<i>Date</i>	<i>Description</i>
2	June 2021	MCQ assessment option available for this component (details on page 2)

It is expected that before the component is delivered, the Tutor/Assessor will have read the Qualification Handbook to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled.