

**Learner Unit Achievement Checklist**

**SEG Awards Level 2 Certificate in Understanding Nutrition and Health**

**610/6215/7**

###### SEG Awards Level 2 Certificate in Understanding Nutrition and Health

## Centre Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Learner Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Notes to learners – this checklist is to be completed, to show that you have met all the mandatory and required optional units for the qualification.

**L/651/7446 Explore Principles of Healthy Eating - Mandatory Unit**

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| Assessment Criteria | Evidence (Brief description/title) | Portfolio Reference | Date Completed | Comment |
| **1.1** Define the term ‘healthy diet’  **1.2** Describe the difference between healthy diets of adults and children  **1.3** Outline the lifestyle diseases associated with an unhealthy diet  **1.4** Identify the sources of energy from food  **1.5** Identify the amounts of energy supplied by each source  **1.6** Estimate own Basal Metabolic Rate (BMR)  **1.7** Estimate own Physical Activity Level (PAL)  **1.8** Use findings from BMR and PAL estimates to determine own energy requirements  **1.9** Identify factors affecting a person’s energy requirements  **1.10** Outline the relationship between energy intake, energy expenditure and weight  **1.11** Explain why it is important to control salt intake |  |  |  |  |
| **2.1** Identify the five food groups  **2.2** Identify foods belonging to each of the 5 food groups  **2.3** Give examples of current healthy eating advice  **2.4** Describe the importance of eating a wide variety of foods to provide a healthy diet |  |  |  |  |
| **3.1** Define the term nutrients  **3.2** Describe nutrients needed by the body  **3.3** Identify foods that are a good source of each nutrient  **3.4** Describe the role of nutrients in maintaining health  **3.5** Describe the factors that influence how much of each nutrient a person needs  **3.6** Explain the importance of adequate fluid intake |  |  |  |  |
| **4.1** Identify factors to be considered when planning healthy meals  **4.2** Explain how a variety of cooking methods affects the nutritional values of foods  **4.3** Identify healthy food preparation methods for a range of types of food |  |  |  |  |

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**M/651/7447 Consider Nutritional Needs of a Variety of Individuals - Mandatory Unit**

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| Assessment Criteria | Evidence (Brief description/title) | Portfolio Reference | Date Completed | Comment |
| **1.1** Plan balanced meals and snacks for a day for a chosen age group  **1.2** Explain why the meals and snacks chosen are appropriate  **1.3** Describe factors influencing eating patterns of various different age groups  **1.4** Identify energy requirements of various different age groups  **1.5** Identify the consequences of a diet lacking in iron  **1.6** Outline the importance of calcium and vitamin D for bone development  **1.7** Identify good food sources of key nutrients for children and young people  **1.8** Outline nutritional recommendations for children and young people |  |  |  |  |
| **2.1** Plan balanced meals and snacks for a day for an older person  **2.2** Explain how the meals and snacks chosen are appropriate for the person  **2.3** Describe factors influencing energy requirements of older people  **2.4** Describe reasons why older people may be at risk of malnutrition  **2.5** Outline nutritional recommendations for older people |  |  |  |  |
| **3.1** Explain why people have specific dietary requirements  **3.2** Identify the special dietary requirements of 2 religious or ethnic groups  **3.3** Describe different types of vegetarian diet  **3.4** Describe precautions to take when preparing food for a person with specific dietary requirements |  |  |  |  |
| **4.1** Outline how public confusion over healthy eating may prevent people from choosing a balanced diet  **4.2** Identify how costs may prevent people from choosing a balanced diet  **4.3** Describe how accessibility may prevent people from choosing a balanced diet  **4.4** Describe how pre-prepared and convenience foods may prevent people from choosing a balanced diet  **4.5** Give examples of how individual lifestyle choices may prevent people from choosing a balanced diet |  |  |  |  |

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**R/651/7448 Use Food and Nutrition Information to Plan a Healthy Diet - Mandatory Unit**

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| Assessment Criteria | Evidence (Brief description/title) | Portfolio Reference | Date Completed | Comment |
| **1.1** Identify nutritional information which must be provided on food labels  **1.2** Identify the guideline daily amounts of fat, sugar and salt in an adult diet  **1.3** Use nutritional information from food labels to determine if each of the foods is high, low or neither in terms of fat, sugar and salt content  **1.4** Use nutritional information from food labels to calculate the energy provided by fat, protein and carbohydrate in each food  **1.5** Outline ways in which food label claims and descriptions may be misleading |  |  |  |  |
| **2.1** Define the term food additives  **2.2** Describe the main groups of additives and their functions  **2.3** Explain the benefits of food additives  **2.4** Give examples of legislation surrounding the use of food additives |  |  |  |  |
| **3.1** Record own food and drink intake for one week  **3.2** Compare own food and drink intake against current healthy eating advice  **3.3** Outline the steps that could be taken to make their diet more healthy |  |  |  |  |

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**D/651/7450 The Principles of Weight Management - Mandatory Unit**

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| Assessment Criteria | Evidence (Brief description/title) | Portfolio Reference | Date Completed | Comment |
| **1.1** Define the terms: Obese Emaciated Malnourished  **1.2** Describe the health risks associated with obesity  **1.3** Describe the health risks associated with emaciation  **1.4** Identify the signs and symptoms of malnourishment |  |  |  |  |
| **2.1** Explain what is meant by ‘body image’  **2.2** Give examples of how media portrayals of body image may impact on an individual’s weight management |  |  |  |  |
| **3.1** Describe the role of a balanced diet in weight management  **3.2** Explain the term ‘energy balance’  **3.3** Explain the implications of energy balance in weight management  **3.4** Outline lifestyle choices that impact on weight management  **3.5** List common weight loss myths  **3.6** Describe the characteristics of an effective weight management programme |  |  |  |  |
| **4.1** Identify suitable goals for the weight management programme  **4.2** Collect information to plan a weight management programme  **4.3** Use information collected to plan a short-term weight management programme |  |  |  |  |

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**F/651/7451 Understanding Eating Disorders - Mandatory Unit**

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| Assessment Criteria | Evidence (Brief description/title) | Portfolio Reference | Date Completed | Comment |
| **1.1** Give a definition of the term eating disorder  **1.2** Describe possible types of eating disorders |  |  |  |  |
| **2.1** Describe possible causes of eating disorders |  |  |  |  |
| **3.1** Give examples of the signs and symptoms associated with eating disorders  **3.2** Describe the feelings an individual with an eating disorder may experience  **3.3** Describe some of the ways an eating disorder may affect the individual and their life  **3.4** Explain how an individuals eating disorder may affect others |  |  |  |  |
| **4.1** Describe different approaches to the treatment of eating disorders  **4.2** Explain what others could do to help an individual recover from a specific eating disorder  **4.3** Describe local resources and treatments that would be available to an individual experiencing an eating disorder |  |  |  |  |

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**J/651/7453 Principles of Food Safety for the Home Environment - Mandatory Unit**

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| Assessment Criteria | Evidence (Brief description/title) | Portfolio Reference | Date Completed | Comment |
| **1.1** Explain why it is important to handle food safely  **1.2** Identify hazards relating to food safety  **1.3** Identify ways in which food should be handled safely to avoid contamination during the following operations: storage preparation cooking serving re-heating |  |  |  |  |
| **2.1** Explain ways of maintaining personal hygiene when handling food that helps reduce the risk of contamination  **2.2** Identify how and when to wash hands  **2.3** Describe potential problems resulting from not maintaining personal hygiene when handling food |  |  |  |  |
| **3.1** Explain how to store the following types of food correctly to avoid contamination: fresh convenience high risk low risk  **3.2** Explain why it is important to follow food storage instructions |  |  |  |  |
| **4.1** Outline how storage methods can affect the nutritional value of food |  |  |  |  |
| **5.1** Describe why it is important to keep the food work area clean, hygienic and disinfected  **5.2** Outline ways of keeping the food work area clean, hygienic and disinfected |  |  |  |  |
| **6.1** Describe why it is important to ensure that food is cooked to the correct temperature  **6.2** Give examples of ways to check food is cooked to the correct temperature |  |  |  |  |
| **7.1** Describe why it is important to dispose of food waste safely  **7.2** Outline how to dispose of food waste safely |  |  |  |  |

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