



National Unit specification: general information

Unit title: Healthy Eating and Wellbeing

Unit code: FR0C 12

Superclass: PL

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Summary

This Unit has been designed as a mandatory Unit in the National Certificate in Wellness Therapies at SCQF level 6 but can also be taken as a free-standing Unit.

In this unit the candidate will gain knowledge and an understanding of a healthy balanced diet and healthy lifestyle. Investigate the effects caffeine, alcohol and smoking can have on health and wellbeing. Investigate benefits of physical activity and relaxation methods, they will use this knowledge to consult with and advise clients on a healthy balanced diet and healthy lifestyle, in order to improve and maintain the client's health and wellbeing in line with current government guidelines

Outcomes

- 1 Investigate the principles of a healthy balanced diet.
- 2 Investigate a healthy lifestyle.
- 3 Consult with and advise clients on healthy diet and wellbeing advice.

Recommended entry

While entry is at the discretion of the centre, candidates would normally be expected to have an appropriate level of skills in Communication, IT and Numeracy skills.

Credit points and level

1 National Unit credit(s) at SCQF level 6: (6 SCQF credit points at SCQF level 6*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

National Unit specification: general information (cont)

Unit title: Healthy Eating and Wellbeing

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the support notes of this Unit specification.

National Unit specification: statement of standards

Unit title: Healthy Eating and Wellbeing

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Outcome 1

Identify the principles of a healthy balanced diet.

Performance Criteria

- (a) Identify the main nutritional elements within food groups.
- (b) Identify the effects of excess and deficiency in each of the nutritional elements.
- (c) Identify current information on what constitutes a healthy balanced diet.
- (d) Create a balanced diet menu for healthy eating.

Outcome 2

Investigate a healthy lifestyle.

Performance Criteria

- (a) Investigate the benefits of physical activity.
- (b) Investigate the effects caffeine, alcohol, and smoking can have on health and wellbeing.
- (c) Research different methods of relaxation for Wellbeing.
- (d) Create a healthy balanced lifestyle plan.

Outcome 3

Consult with and advise clients on healthy diet and wellbeing advice.

Performance Criteria

- (a) Consult with clients to obtain their current diet/lifestyle information without causing embarrassment or distress.
- (b) Advise client on diet and healthy wellbeing.
- (c) Record details on a client record card.

National Unit specification: statement of standards (cont)

Unit title: Healthy Eating and Wellbeing

Evidence Requirements for this Unit

Evidence that covers all Outcomes and Performance Criteria is required. This should take the form of the following written and/or oral recorded evidence and practical observation.

Outcome 1 — Performance Criteria (a) and (b)

A closed-book question paper under supervised assessment conditions will be undertaken and candidates will be required to complete restricted responses which must include:

- ◆ the main nutritional elements of food groups
- ◆ the effects of excess and deficiency in each nutritional elements

Outcome 1 — Performance Criteria (c) and (d)

The candidates will create a personal menu that demonstrates a balanced diet following current government guidelines. The menu must cover the minimum of two days. A balanced diet will be assessed by the inclusion of all food groups and associated nutrients.

Outcome 2 — Performance Criteria (a) (b) and (c)

Candidates will be required to complete an investigation under open-book conditions which must include the following:

- ◆ benefits of taking physical activities
- ◆ investigate effects of caffeine, alcohol and smoking can have on health and wellbeing
- ◆ research different methods of relaxation for wellbeing

Outcome 2 — Performance Criteria (d)

The candidate must create a personal healthy lifestyle plan to include physical activity, and relaxation methods to improve and/or maintain wellbeing.

Outcome 3 — Practical evidence

Candidates will be required to consult with and advise on minimum of **three** different clients, showing that they are able to:

- ◆ gather information on current diet and lifestyle
- ◆ give healthy diet and wellbeing advice
- ◆ record accurate details on a client record card

Evidence of candidate performance will be assessed via an assessor's observation checklist.

Three completed client records with evidence of advice given to the **three** different clients will be required for evidence.

National Unit specification: support notes

Unit title: Healthy Eating and Wellbeing

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

Outcome 1 of this Unit covers the candidate learning the importance of healthy eating and what is considered a healthy balanced diet. The candidate will learn about the various nutritional elements, ie carbohydrates, fats, proteins, fibre, vitamins and minerals and the importance of sufficient water intake. Candidates will gain an understanding of what happens to the body if too much or too little of each of these nutritional elements are consumed. Candidates should learn about the nutritional elements and the relationship with the food groups.

- ◆ bread, cereal, rice, pasta
- ◆ vegetables
- ◆ fruit
- ◆ milk, yogurt, cheese
- ◆ meat, poultry, fish, dry beans, eggs and nuts
- ◆ fats, oils

For Outcome 2 the candidate will investigate and gain an understanding of the benefits of a moderate level of physical activity. Candidates should consider many different types of physical activities from walking, attending a gym regularly, to playing competitive sports. They will identify the effects that the use and misuse of caffeine, alcohol and smoking has on health and wellbeing. Candidates should take into account the physical, emotional and psychological effect these substances have on health.

Research should be used to discover different relaxation methods in order to improve wellbeing. The candidates should be encouraged to look at a wide variety of relaxation techniques/methods for example breathing exercises, yoga classes, walking in the countryside, having wellness therapy treatments, listening to music. This is to enable them to advise a range of clients with different needs.

Outcome 1 and Outcome 2 also requires the candidate to look at their own diet and lifestyle and consider their own wellbeing.

Outcome 3 requires the candidate to provide information on a non medical level of what constitutes a healthy balanced diet and lifestyle. This advice should follow current government guidelines on diet, nutrition and wellbeing. Candidates need to be able to assess the client's current eating plan and exercise regime and advise on maintaining or improving their diet and lifestyle. When consulting with the client, candidates will use their professional interpersonal skills to gain information which may be considered of a sensitive nature.

Outcome 3 could be integrated within any wellness therapies practical activity on clients.

National Unit specification: support notes (cont)

Unit title: Healthy Eating and Wellbeing

Guidance on learning and teaching approaches for this Unit

There should be an introduction to the Unit should allow the candidates to understand fully what is required and the approaches which will be adopted.

The Unit is designed to allow the candidates to gain an understanding of several areas that affect a person's health and wellbeing. Specialist guest speakers could contribute to the tutors input on diet and nutrition, substance misuse, and relaxation methods.

It is recommended that candidates are continually advised of the importance of following current government guidelines which are current. Research using IT as well as more traditional methods should be encouraged to investigate the current government guidelines.

Although this Unit is classroom based however, it would be beneficial to include practical activities to enhance the candidate's knowledge and understanding, eg breathing techniques, yoga, and receiving wellness therapies such as Reiki, body massage, crystal therapy. Educational visits could be arranged to enhance the candidate experience of physical activity or relaxation therapy, eg gym, swimming pool, spa.

This Unit design allows the candidate to work independently, but there is scope for group work and discussion throughout. If difficulties arise the candidate should be encouraged to speak with their tutor and receive guidance and direction.

Practical role play could be used to simulate consulting with a client and gaining information in order to give healthy diet and lifestyle advice. Practice recording on client record cards will be required.

There are opportunities for integration with other practical Units within this wellbeing therapy award in particular for Outcome 3 where candidates are required to give clients advice.

Guidance on approaches to assessment for this Unit

Outcome 1 — Performance Criteria (a) and (b)

Under supervised assessment conditions of a maximum of 30 minute duration the candidate will complete a closed-book restricted response question paper.

Outcome 1 — Performance Criteria (c) and (d)

The candidates will create a personal menu that demonstrates a balanced diet. The menu must cover the minimum of two days. A balanced diet will be assessed by the inclusion of various food groups and associated nutrients.

National Unit specification: support notes (cont)

Unit title: Healthy Eating and Wellbeing

Outcome 2 — Performance Criteria (a) (b) and (c)

Candidates will be required to complete an investigation under open-book conditions which must include the following criteria:

- ◆ benefits of taking physical activities
- ◆ effects of caffeine, alcohol, and smoking can have on health and wellbeing
- ◆ different methods of relaxation for wellbeing

The candidate's investigation will include the findings from their research. These findings will form a report with a minimum of 250 words.

Outcome 2 — Performance Criteria (d)

The candidate must create a personal healthy lifestyle plan to include physical activity and relaxation methods to improve and/or maintain wellbeing. The plan should cover a period of two to three weeks.

Outcome 3 — Practical evidence

Candidates will be required to consult with and advise on a minimum of **three** different clients.

Evidence of candidate performance will be assessed via an assessor's observation checklist.

Three completed client records with evidence of advice given to three different clients will be required.

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

Opportunities for developing Core Skills

There is no automatic certification of Core Skills or Core Skills components in this Unit.

Throughout the Unit, candidates are required to carry out some investigative work on healthy eating. This can be oral, text, or internet based. These activities carried out offer opportunities to develop aspects of the Core Skills of Communication, Problem Solving and Information Technology.

National Unit specification: support notes (cont)

Unit title: Healthy Eating and Wellbeing

Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

History of changes to Unit

Version	Description of change	Date

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