



National 2  
Unit  
Specification



---

## Food, Health and Wellbeing: Independent Living Skills (National 2)

**SCQF:** level 2 (6 SCQF credit points)

**Unit code:** H25B 72

### Unit outline

The general aim of this Unit is to support learners to develop a range of practical skills to support independent living in the home or in a supported environment. Examples of practical activities may include shopping, using a washing machine, using a dishwasher, general cleaning, setting a table, or organising the storage of foods in a fridge within a school/centre. The practical activities chosen in this Unit will provide the learner with opportunities for personalisation and choice.

Learners who complete this Unit will be able to:

- 1 Demonstrate safely the use of simple practical skills to support independent living in the home or in a supported environment

This Unit is a mandatory Unit of the Access 2 Food, Health and Wellbeing Course and is also available as a free-standing Unit. The Unit Specification should be read in conjunction with the *Unit Support Notes*, which provide advice and guidance on delivery, assessment approaches and development of skills for learning, skills for life and skills for work. Exemplification of the standards in this Unit is given in *Unit Assessment Support*.

## **Recommended entry**

Entry to this Unit is at the discretion of the centre. However, relevant experiences and outcomes may provide an appropriate basis for doing this Unit.

## **Equality and inclusion**

This Unit Specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence. For further information please refer to the *Unit Support Notes*.

# Standards

## Outcomes and assessment standards

### Outcome 1

The learner will:

- 1 Demonstrate safely the use of simple practical skills to support independent living in the home or in a supported environment by:**
  - 1.1 Selecting two non-food preparation-type activities
  - 1.2 Planning the two selected activities
  - 1.3 Carrying out the two selected activities safely

### Evidence Requirements for the Unit

Assessors should use their professional judgement, subject knowledge and experience, and understanding of their learners, to determine the most appropriate ways to generate evidence and the conditions and contexts in which they are used.

In this Unit, Evidence Requirements are as follows.

Evidence may be gathered for the Unit as a whole through integrating assessment holistically for each of the two separate non-food preparation-type activities. These activities can also be integrated within a food preparation context.

It is expected that learners will receive support to achieve the outcome of this Unit.

For Outcome 1, evidence is required of the learner's ability to plan in a basic way the two selected activities and to carry out these two activities safely. Evidence can be presented in a variety of formats, such as written, oral, or pictorial, and may be gathered using the learner's usual means of communication.

Exemplification of assessment is provided in *Unit Assessment Support*. Advice and guidance on possible approaches to assessment is provided in the *Unit Support Notes*.

# Development of skills for learning, skills for life and skills for work

It is expected that learners will develop broad, generic skills through this Unit. The skills that learners will be expected to improve on and develop through the Unit are based on SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work* and drawn from the main skills areas listed below. These must be built into the Unit where there are appropriate opportunities.

## **1 Literacy**

1.3 Listening and talking

## **3 Health and wellbeing**

3.3 Physical wellbeing

## **5 Thinking skills**

5.1 Remembering

5.2 Understanding

5.3 Applying

Amplification of these is given in SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work*. The level of these skills should be at the same SCQF level as the Unit and be consistent with the SCQF level descriptor. Further information on building in skills for learning, skills for life and skills for work is given in the *Unit Support Notes*.

# Administrative information

---

**Published:** April 2012 (version 1.0)

**Superclass:** HD

---

## History of changes to National Unit Specification

| Version | Description of change | Authorised by | Date |
|---------|-----------------------|---------------|------|
|         |                       |               |      |
|         |                       |               |      |
|         |                       |               |      |
|         |                       |               |      |

This specification may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged. Additional copies of this Unit can be downloaded from SQA's website at [www.sqa.org.uk](http://www.sqa.org.uk).

Note: readers are advised to check SQA's website: [www.sqa.org.uk](http://www.sqa.org.uk) to ensure they are using the most up-to-date version of the Unit Specification.

© Scottish Qualifications Authority 2012