Unit Title:	**Healthy living**
OCR unit number:	M16
Life and Living Skill Area:	Personal Skills
Level:	Entry 2
Credit value:	2
Guided learning hours:	20

Unit purpose and aim

To introduce learners to ways in which they can contribute to a healthy lifestyle and encourages them to demonstrate activities which will improve their own lifestyle.

Learning Outcomes	**Assessment Criteria**	**Example of ways assessment criteria could be met**
The Learner will: 1 Recognise the steps needed to lead a healthy lifestyle	**The Learner can:** 1.1 Identify what they can do to contribute to a healthy lifestyle	The learner is able to make healthy choices from a range of options; for example choose a healthy snack from a range of healthy and non-healthy options, identify the need for rest, selecting a suitable time to go to bed and to get up, to place foodstuffs into categories; such as proteins, fruit and vegetables, fats and oils, carbohydrates, and treats, to make a balanced diet, using words and / or pictures.
	1.2 Identify an activity which will make an improvement to their lifestyle	The learner can select physical activities from a range of leisure options using any of the following: words, pictures, websites or pamphlets and leaflets from leisure centres. The learner is able to choose activities that will exercise particular parts of the body, using words and / or pictures.
2 Demonstrate how they contribute to own healthy lifestyle	2.1 Participate in an activity to contribute to a healthy lifestyle	The learner can choose activities that contribute towards physical well being, for example; undertake daily physical exercise as part of a physiotherapy regime or personal fitness programme, changing daily habits such as walking/cycling for regular journeys instead of using

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Learning Outcomes	Assessment Criteria	Example of ways assessment criteria could be met
		motorised transport methods; choosing to participate in a physical activity for leisure time such as football, or wheelchair basketball or swimming etc.

Assessment

This unit may be assessed using any method, or combination of methods, which clearly demonstrate that the learning outcomes and assessment criteria have been met.

The methods will be appropriate to the learner's environment. The learner can be given guidance in choosing foods and activities that contribute to a healthy lifestyle.

Possible ways of demonstrating that the assessment criteria have been met are provided in the third column of the unit, these are examples only, learners may demonstrate their ability to meet the criteria in many other ways.

Evidence requirements

The evidence must show that the learner is able to understand the difference between healthy and non-healthy options in lifestyle choices.

The Record of Assessment and Evidence for this unit must be completed in full and signed by the assessor to confirm the evidence is authentic and meets the requirements of the learning outcomes and assessment criteria. The completed Record of Assessment and Evidence, together with any other appropriate form of evidence that has been generated for the unit, must be submitted for moderation.

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