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| <b>Unit Title:</b>          | <b>Healthy living</b> |
| OCR unit number:            | M27                   |
| Life and Living Skill Area: | Personal Skills       |
| Level:                      | Entry 3               |
| 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   |
|---|--|--|
| <b>The Learner will:</b><br>1 Understand what is needed to lead a healthy lifestyle | <b>The Learner can:</b><br>1.1 Describe what they can do to contribute to a healthy lifestyle<br><br>1.2 Choose appropriate activities that can make an improvement to their lifestyle | <p>Learners may identify ways of having a healthy diet; e.g. five portions of fruit/veg each day, observing safe alcohol guidance; giving up smoking/not smoking; taking part in physical activities such as sport, exercise classes etc; having enough sleep.</p> <p>Learners may describe this through written work or providing an audio/signed description. Learners could attend a talk provided by a health worker discussing healthy living and respond to questions.</p> <p>Learners research activities using the internet, the library or actively looking within their communities. Learners select activities from a list that has been provided. Activities they may choose could include free activities such as walking, jogging; paid activities such as exercise sessions at the local leisure centre, review their eating habits and look at where they could make changes eg changing to diet drinks rather than full fat varieties, replacing snacks such as a bag of crisps for a piece of fruit.</p> |

| Learning Outcomes  | Assessment Criteria  | Example of ways assessment criteria could be met  |
|--|--|---|
| 2 Demonstrate how they contribute to own healthy lifestyle | 2.1 Carry out activities to contribute to a healthy lifestyle<br><br>2.2 Describe how the activities have improved their lifestyle | Learners carry out at least one activity to improve their lifestyle. Learners can keep a diary to show what they are doing and how they are doing with the activity e.g. are they enjoying the activity, how often they are doing it? Diary activities may be audio/written, text, taped, scribed, Braille etc.<br><br>Learners make a short presentation describing what activity they carried out and how this improved their lifestyle; learners take part in discussion; learners use their diary to help provide an account of improvements made at 1:1 etc. |

## Assessment

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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.

Learners should carry out at least one activity to improve their lifestyle, it does not need to be a big change or have to cost money to complete. You should take in to account the local area and the opportunities available.

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

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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.