



# Introduction to healthy eating

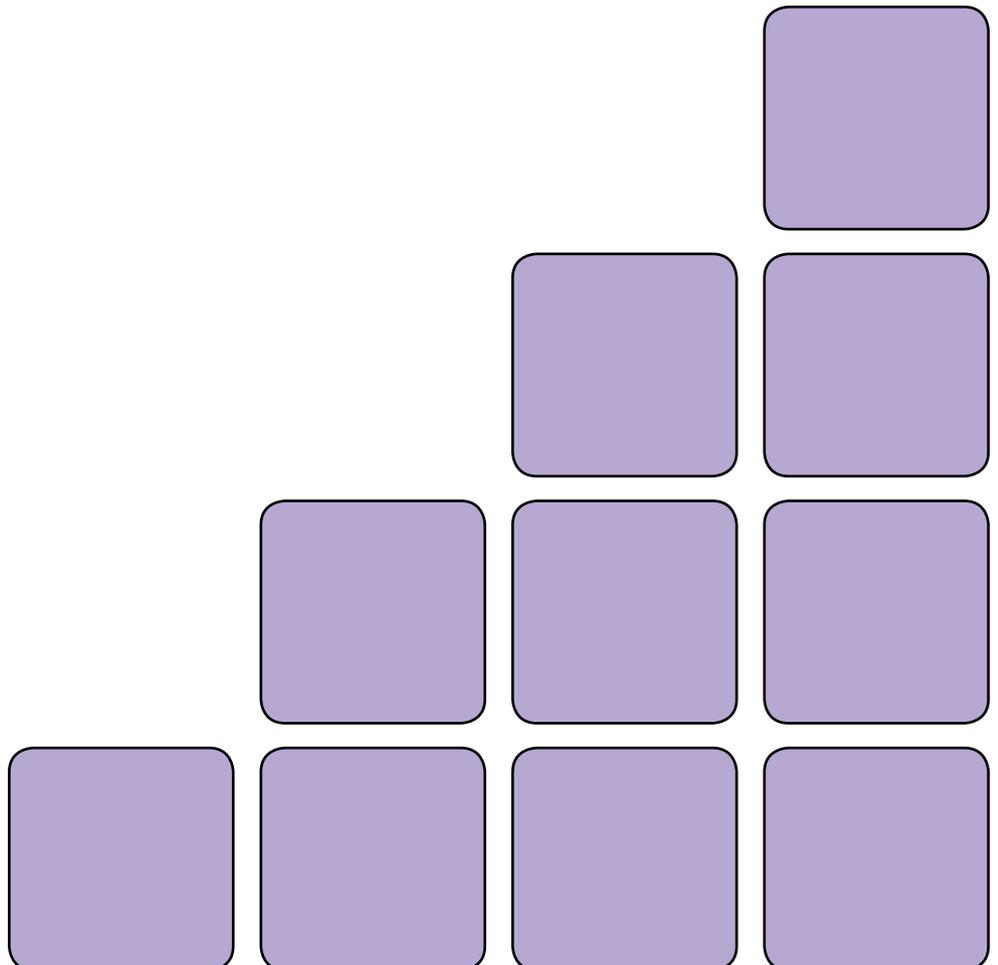
UV11051

K/502/5008

Learner name:

Learner number:

VRQ





# UV11051

## Introduction to healthy eating

The aim of this unit is to introduce you to the importance of healthy eating. This is becoming more important in the hospitality and catering industry; not just in hospitals, care homes and schools, but also in restaurants and cafés as customers like to know that they are eating healthily.

You will research why the body uses food and why different people need different diets in order to stay healthy. You will learn the major food groups and how they provide a healthy, balanced diet, and also how to check from food labels that you are eating in a healthy manner.

Level

**1**

Credit value

**3**

GLH

**25**

Observation(s)

**0**

External paper(s)

**0**



# Introduction to healthy eating

## Learning outcomes

On completion of this unit you will:

1. Know the effects of food on the body
2. Know the different food groups and their contribution to a healthy, balanced diet

## Evidence requirements

1. *Knowledge outcomes*  
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
2. *Tutor/Assessor guidance*  
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
3. *External paper*  
There is no external paper requirement for this unit.

# Developing knowledge

## Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below\*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

*\*This is not an exhaustive list.*

# Knowledge



Learning outcome 1

## Know the effects of food on the body

You can:	Portfolio reference
a. State what the body uses food for	
b. State the benefits of a healthy diet	
c. State why different groups of people require different diets	



## Learning outcome 2

### Know the different food groups and their contribution to a healthy, balanced diet

You can:	Portfolio reference
a. List the major food groups	
b. Describe a healthy, balanced diet	
c. Check food labels for nutritional information	
d. Describe the importance of regular fluid/water intake in relation to a balanced diet	

# Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

## Outcome 1: Know the effects of food on the body

**Uses by the body:** Growth, warmth, good health, energy.

**Benefits of a healthy diet:** Long life, good health, fitness, avoid illnesses.

**Different groups of people:** Gender, age, physical activity (sports, different jobs, leisure pursuits), medical conditions (diabetes, pregnancy, overweight), different religions.

**Different diets:** High energy, vegetarian, low fat, food allergies, low calorie.

## Outcome 2: Know the different food groups and their contribution to a healthy, balanced diet

**Food groups:** Fruit and vegetables, dairy, meat, fish and alternatives, bread, cereals and potatoes, high fat and high sugar.

**Healthy, balanced diet:** Lots of fresh fruit and vegetables, lots of bread, cereals and potatoes, moderate amounts of meat, fish and alternatives, moderate amounts of dairy foods, limit consumption of foods containing high fat or sugar.

**Nutritional information on food labels:** Energy, ingredients, protein, carbohydrates, fat, fibre, salt (sodium), allergy advice.

**Importance of fluid intake:** Hydration of the body, controls temperature, aids the digestive system.

# Notes

Use this area for notes and diagrams



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