

Component Specification

Component title	Food Choice and Health
Award type	Minor
Component code	M1H16
Level	1
Credit value	5
Purpose	<p>This award recognises elementary knowledge, skill and competence regarding awareness of some of the connections between health, nutrition and food choices. It recognises learning involved in participation in food preparation in a well supported environment.</p> <p>It provides credit towards the Level 1 Certificate in General Learning and the Level 1 Certificate in Communications.</p>
Learning outcomes	<p>The learner will be able to:</p> <ul style="list-style-type: none">(FCH1) Identify some common foods that area associated with healthy eating(FCH2) Identify common benefits of healthy eating, eg energy, good skin and hair, healthy heart(FCH3) Identify some common characteristics of food, eg raw/cooked, hot/cold, sweet, sour, salty, spicy(FCH4) Follow short instructions to help prepare a meal(FCH5) Demonstrate appropriate personal food hygiene and safety practices
Transfer	Learners who successfully complete this component are eligible to transfer to programmes leading to other awards at Level 1 as appropriate to the requirements for the specific named award.
General assessment requirements	See Assessment Guidelines for Providers. The Guidelines describe the assessment technique (s) identified below.

Specific assessment requirements In order to demonstrate they have reached the standards of knowledge, skills and competence outlined in this component, learners are required to complete a Collection of Work/Portfolio.

Evidence

This may include:

- Photographs/audio/video tapes
- Documentary evidence arising eg recipes, food packaging/advertising
- Tutor Verification, for example a description by the Tutor of what was done by the candidate. Where this is the case, it should be clearly signed off by the Tutor and candidate.

Grading

The achievement of awards at Level 1-3 are graded as follows:

Successful indicates that the learner has achieved **all** the learning outcomes, within a narrow range of predictable and structured contexts.

Referred indicates more learning is required to enable satisfactory achievement of one or more learning outcomes.