Component Specification

Component title	Food Choice and Health
Award type	Minor
Component code	M2H16
Level	2
Credit value	5
Purpose	This award recognises basic knowledge, skill and competence regarding the relationship between good health, nutrition, food choice and preparation. It provides credit towards the **Level 2 Certificate in General Learning.**
Learning outcomes	The learner will be able to:

(FCH1) Sort familiar foods according to food group, eg fruit/vegetable, meat/fish, dairy

(FCH2) Describe typical foods and drinks associated with a well balanced diet

(FCH3) List common consequences of good diet eg, healthy heart, strong bones, clear skin, dental health

(FCH4) Participate in the preparation of healthy meals, eg breakfast and lunch /dinner

(FCH5) Identify common safe practices associated with food preparation and storage, eg separating raw/cooked meat in a domestic fridge

(FCH6) Demonstrate appropriate 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, food diaries/logs
- 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.