

Unit 918 Maintaining Personal Health and Well-being

Ofqual Qualification Accreditation Number: D/600/8779

Learning Outcome	Assessment Criteria
1. Be able to maintain personal health and well-being	<ul style="list-style-type: none">1.1 Access sources of information on health and well-being1.2 State sources of information available on personal health and well-being1.3 Describe the components that contribute to a balanced diet1.4 Describe how nutrients are absorbed within the human body1.5 Describe the effects of nutrients on the human body1.6 Compare own dietary intake with recommended daily intake1.7 Describe the influencing factors that affect food intake and choice1.8 State the principles of healthy eating choices1.9 Describe how to interpret retail food labelling1.10 Describe the considerations that need to be identified when looking at body image1.11 Describe how lifestyle choices affect personal health and well-being
2. Be able to monitor weight management	<ul style="list-style-type: none">2.1 Evaluate weight management programmes2.2 Explain the principles of figure analysis2.3 Describe how to identify and analyse good posture2.4 Describe the effects of poor posture on the body2.5 Evaluate safe exercise methods2.6 Explain the principles of safe exercise on the human body2.7 Describe the benefits that regular activities have on fitness2.8 Describe how to measure and improve personal fitness2.9 Communicate and behave in a professional manner2.10 Follow safe and hygienic working practices2.11 Outline safe and hygienic working practices
Assessment method:	<p>MCQ:</p> <p>Date:.....</p>

Unit complete: ☐ Date..... Lecturer's/Assessor's name..... Signature

Quality assured by Name..... Signature Date sampled.....