

HL 1: Healthy living

Your learning

Being healthy is much more than not being ill. You will learn about the benefits of living a healthy lifestyle. A healthy lifestyle includes your diet, your exercise routine, the way you use your leisure time, even how much sleep you get. In short it is the way in which you choose to live your life.

You will be given the opportunity to explore a range of activities that will contribute to living a healthy lifestyle and will carry out some of these as part of your assessment.

To achieve this unit you must provide evidence to show that you have met all assessment criteria.

HL 1: Healthy living

Unit reference F/502/0476 Level 1

Credit value 2 GLH 20

Unit aim To introduce learners to ways in which they can contribute to a healthy lifestyle and to encourage them to demonstrate activities which will improve their own lifestyle.

Learner name:	CACHE Centre no:
CACHE PIN:	ULN:

Learning outcomes The learner will:	Assessment criteria The learner can:	Evidence record e.g. page number & method	Assessor judgement achieved Initial and date
1. Understand the importance of leading a healthy lifestyle.	1.1. Describe the key elements of a healthy lifestyle.		
	1.2. Explain why a healthy lifestyle is important.		
2. Demonstrate how they contribute to own healthy lifestyle.	2.1. Select and carry out activities which contribute to a healthy lifestyle.		
3. Review the activities undertaken to maintain a healthy lifestyle.	3.1. Carry out a review of their activities.		
	3.2. Describe what went well and areas for improvement.		
	3.3. Describe how the activities have improved their lifestyle.		
	3.4. Suggest further activities which could contribute to a healthy lifestyle.		

Learner declaration of authenticity:

I declare that the work presented for this unit is entirely my own work.

Learner signature:

Date:

Assessor sign off of completed unit: HL 1

I confirm that the learner has met the requirements for all assessment criteria demonstrating knowledge and skills for this unit.

Assessor name:

Signature:

Date:

For e-portfolio a signature is not required, providing the learner has a personalised and secure login.

Guidance for developing assessment arrangements for the unit:

Unit Assessment guidance – provided by the sector

Assessment of the key elements of healthy lifestyle (1.1) should be in relation to diet, personal hygiene, fitness, relationships, alcohol and drugs.

Assessment task – HL 1 Healthy living

This assessment has been designed to meet all assessment criteria for learning outcomes 1, 2 and 3.

Introduction

This unit helps you to explore ways that you can improve your own health.

Produce a personal log which includes information on healthy lifestyle and ways that you can contribute to improving your own healthy lifestyle.

Task 1

Section 1 of your personal log will introduce the importance of a healthy lifestyle. Include the following:

- a description of the key elements of a healthy lifestyle
- reasons why a healthy lifestyle is so important.

Task 2

Section 2 of your personal log will identify activities to improve your own healthy lifestyle. Include the following:

- at least **three** activities you can carry out which will contribute to your own healthy lifestyle
- a witness testimony to show that you have carried out each of the activities.

Task 3

Section 3 of your personal log will contain a review of your activities. Include the following information:

- a review of **each** of the activities
- a description of what went well in **each** of the activities
- a description of ways that **each** of the activities could be improved
- a description of how **each** of the activities have helped to improve your own lifestyle
- ideas for **two** more activities which could help to improve your lifestyle further.