

Level 1 Award in Healthy Living



This **Level 1 Award in Healthy Living** gives the opportunity for students to gain understanding of the basic principles of healthy living including how to keep a healthy body weight, the requirements of a healthy diet and keeping a healthy lifestyle. Studies have shown that by maintaining a healthy lifestyle, you can support your mental wellbeing, which can shift moving into the winter months. This course will give you tools to maintain a healthy lifestyle and in turn support your mental wellbeing.

The aim of the course is to:

- develop understanding of food energy.
- develop understanding of vitamins and minerals.
- develop understanding of the body mass index.
- develop understanding of food labels and how they help us to make healthy choices.

Entry Requirements: There are no entry requirements for this course however there is an expectation that applicants have an acceptable level of written English. All applicants will be asked to complete a short English assessment to verify their current English level.

Assessment: A portfolio of work is to be submitted for moderation.

Awarding Body: Ascentis

Progression Route: On completion of this course you may choose to undertake further study.