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**Tracking sheet –** **Wellbeing – Healthy Eating**

This unit enables learners to explore and understand the benefits of a balanced diet as part of a healthy lifestyle and encourages learners to develop independent living skills.

**SCQF Level 5**

**Learner name Centre name**

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| **To do this you must** | **Evidence location** |
| 1. Understand how a balanced diet contributes to a healthy lifestyle | |
| * 1. Describe the benefits of eating a balanced diet |  |
| * 1. Outline the main components of a balanced diet |  |
| * 1. Give examples of what should be avoided in a balanced diet |  |
| 1. Understand how culture and social media can impact on healthy eating choices | |
| * 1. Outline what is meant by “body image” |  |
| * 1. Give examples of factors that may impact on dietary choices |  |
| * 1. Explain how social media may impact on dietary choices |  |
| 1. Be able to plan and make a healthy meal | |
| * 1. Select a nutritious meal to cook |  |
| * 1. Outline how the chosen meal meets the components of a balanced diet |  |
| * 1. Plan how to make the meal including ingredients, timings and equipment required |  |
| * 1. Calculate the cost of the ingredients |  |
| * 1. Give examples of how to minimise hygiene risks when preparing food |  |
| * 1. Prepare the chosen meal |  |
| * 1. Give examples of skills used in preparing the meal |  |
| 1. Be able to review own healthy eating practices | |
| * 1. Describe ways you could make your own diet more healthy |  |
| **Assessor feedback** | |
|  | |
| **Assessor declaration** I confirm that the details above are correct, that the evidence submitted is the learner’s own work and that the learner meets all the requirements for the unit: | |
| Learner Name Assessor Name  Learner Signature Assessor Signature  Date Date | |