**Portfolio Assessment Summary Form**

**Level 2 Award for Young Health Champions**

**Unit 6: Encouraging A Healthy Weight and Healthy Eating**

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| **Learning Outcome/Assessment Criteria** | **Evidence for Achievement1** | **Assessor Decision2** |
|  |  |  |
| **Understand factors that result in people being under or over a healthy weight** |  |  |
|  |  |  |
| 1.1 Describe THREE social factors that could result in people being under or over a healthy weight |  |  |
| 1.2 Outline THREE factors that are individual-specific which could result in a person being under or over a healthy weight |  |  |
|  |  |  |
| **Understand the personal consequences of being under or over a healthy weight** |  |  |
|  |  |  |
| 2.1 Outline the direct effect on physical health of being under or over weight |  |  |
| 2.2. Outline the effect on mental health and emotional wellbeing of being under or over a healthy weight |  |  |
|  |  |  |
| **Understand the principle of healthy eating** |  |  |
|  |  |  |
| 3.1 State what constitutes a healthy diet |  |  |
| 3.2 Identify good sources of protein, carbohydrates, fats, essential vitamins and minerals |  |  |
| 3.3 Outline THREE positive and THREE negative effects of diet on health |  |  |
| 3.4 State how food labels can support healthy eating |  |  |
|  |  |  |
| **Know how to provide help and support to the individual** |  |  |
| 4.1. List THREE agencies/organisations which provide services for individuals wishing to achieve a healthy weight and eat more healthily and outline the services provided |  |  |
| 4.3 Describe THREE ways by which an individual could be encouraged to achieve a healthy weight and eat more healthily |  |  |
| 4.4 Identify THREE barriers to changing behaviour with regard to weight management and healthy eating and how these can be overcome |  |  |

Award of unit / qualification recommended:

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| --- | --- | --- | --- | --- |
|  | YES / NO | Name | Signature | Date |
|  |  |  |  |  |
| Assessor |  |  |  |  |
| Internal Verifier |  |  |  |  |