Learner’s Evidence

Tracking Log

**NCFE CACHE Level 2 Certificate in Nutrition and Health (600/9966/5)**

**Statement of authenticity**

Learner name:

Centre number:

Centre name:

**Signatures**

Learner: Date:

Tutor/Assessor: Date:

**Explore principles of healthy eating (R/505/2204)**

**You will:**

Understand how diet is linked to health

**You can:**

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| **1.1 Define the term ‘healthy diet’** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Describe the difference between healthy diets of adults and children** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Outline the lifestyle diseases associated with an unhealthy diet** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.4 Identify the sources of energy from food** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Explore principles of healthy eating (R/505/2204) (cont’d)**

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| **1.5 Identify the amounts of energy supplied by each source** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.6 Estimate own Basal Metabolic Rate (BMR)** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.7 Estimate own Physical Activity Level (PAL)** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.8 Use findings from BMR and PAL estimates to determine own energy requirements** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.9 Identify factors affecting a person’s ebergy requirements** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Explore principles of healthy eating (R/505/2204) (cont’d)**

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| **1.10 Outline the relationship between energy intake, energy expenditure and weight** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.11 Explain why it is important to control salt intake** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the components of a healthy diet

**You can:**

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| **2.1 Identify the 5 food groups**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Identify foods belonging to each of the 5 food groups** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Explore principles of healthy eating (R/505/2204) (cont’d)**

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| **2.3 Give examples of current healthy eating advice** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.4 Describe the importance of eating a wide variety of foods to provide a healthy diet**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know the nutrients in food and their role in maintaining health

**You can:**

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| **3.1 Define the term ‘nutrients’**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Describe nutrients needed by the body** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Explore principles of healthy eating (R/505/2204) (cont’d)**

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| **3.3 Identify foods that are a good source of each nutrient** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.4 Describe the role of nutrients in maintaining health**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.5 Describe the factors that influence how much of each nutrient a person needs** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.6 Explain the importance of adequate fluid intake** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Explore principles of healthy eating (R/505/2204) (cont’d)**

**You will:**

Understand the principles of healthy food preparation

**You can:**

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| **4.1 Identify factors to be considered when planning healthy meals**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Explain how a variety of cooking methods affects the nutritional value of foods** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.3 Identify healthy food preparation methods for a range of types of foods** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Consider nutritional needs of a variety of individuals (J/601/2535)**

**You will:**

Know the nutritional needs of children and young people

**You can:**

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| **1.1 Plan balanced meals and snacks for a day for a chosen age group** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Explain why the meals and snacks chosen are appropriate** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Describe factors influencing eating patterns of various different age groups**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.4 Identify energy requirements of various different age groups**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Consider nutritional needs of a variety of individuals (J/601/2535) (cont’d)**

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| **1.5 Identify the consequences of a diet lacking in iron**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.6 Outline the importance of calcium and vitamin D for bone development**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.7 Identify good food sources of key nutrients for children and young people**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.8 Outline nutritional recommendations for children and young people** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Consider nutritional needs of a variety of individuals (J/601/2535) (cont’d)**

**You will:**

Know the nutritional needs of older people

**You can:**

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| **2.1 Plan balanced meals and snacks for a day for an older person**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Explain how the meals and snacks chosen are appropriate for the person**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.3 Describe the factors influencing energy requirements of older people**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.4 Describe reasons why older people may be at risk of malnutrition**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Consider nutritional needs of a variety of individuals (J/601/2535) (cont’d)**

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| **2.5 Outline nutritional recommendations for older people**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand special dietary requirements

**You can:**

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| **3.1 Explain why people have specific dietary requirements**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Identify the special dietary requirements of 2 religious or ethnic groups**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Describe different types of vegetarian diet**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Consider nutritional needs of a variety of individuals (J/601/2535) (cont’d)**

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| **3.4 Describe precautions to take when preparing food for a person with specific dietary requirements**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand barriers to healthy eating

**You can:**

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| **4.1 Outline how public confusion over healthy eating may prevent people from choosing a balanced diet**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Identify how costs may prevent people from choosing a balanced diet** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.3 Describe how accessibility may prevent people from choosing a balanced diet**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Consider nutritional needs of a variety of individuals (J/601/2535) (cont’d)**

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| **4.4 Describe how pre-prepared and convenience foods may prevent people from choosing a balanced diet** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.5 Give examples of how individual lifestyle choices may prevent people from choosing a balanced diet** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Use food and nutrition information to plan a healthy diet (M/601/2545)**

**You will:**

Understand food labelling

**You can:**

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| **1.1 Identify nutritional information which must be provided on food labels**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Identify the guideline daily amounts of fat, sugar and salt in an adult diet** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Use nutritional information from food labels and determine if each of the foods is high, low or neither in terms of fat, sugar and salt content**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.4 Use nutritional information from food labels to calculate the energy provided by fat, protein and carbohydrate in each food** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Use food and nutrition information to plan a healthy diet (M/601/2545) (cont’d)**

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| **1.5 Outline ways in which food label claims and descriptions may be misleading** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand food additives

**You can:**

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| **2.1 Define the term ‘food additives’** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Describe the main groups of additives and their functions** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.3 Explain the benefits of food additives**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Use food and nutrition information to plan a healthy diet (M/601/2545) (cont’d)**

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| **2.4 Give examples of legislation surrounding the use of food additives** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Apply principles of healthy eating

**You can:**

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| **3.1 Record own food and drink intake for one week** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Compare own food and drink intake against current healthy eating advice**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.3 Outline the steps that could be taken to make their diet more healthy**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**The principles of weight management (L/505/2203)**

**You will:**

Know the risks associated with ineffective weight management

**You can:**

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| * 1. **Define the terms:**
* **obese**
* **emaciated**
* **malnourished**
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| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Describe the health risks associated with obesity** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Describe the health risks associated with emaciation** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.4 Identify the signs and symptoms of malnourishment**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**The principles of weight management (L/505/2203) (cont’d)**

**You will:**

Understand how body image may influence weight management

**You can:**

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| **2.1 Explain what is meant by ‘body image’** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **2.2 Give examples of how media portrayals of body image may impact on an individual’s weight management**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know about effective methods of weight management

**You can:**

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| **3.1 Describe the role of a balanced diet in weight management**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.2 Explain the term ‘energy balance’**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**The principles of weight management (L/505/2203) (cont’d)**

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| **3.3 Explain the implications of energy balance in weight management**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.4 Outline lifestyle choices that impact on weight management** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.5 List common weight-loss myths** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **3.6 Describe the characteristics of an effective weight management programme** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**The principles of weight management (L/505/2203) (cont’d)**

**You will:**

Be able to plan a short-term weight management programme for an individual

**You can:**

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| **4.1 Identify suitable goals for the weight management programme** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.2 Collect information to plan a weight management programme** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **4.3 Use information collected to plan a short-term weight management programme** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understanding eating disorders (M/503/0999)**

**You will:**

Know about different eating disorders

**You can:**

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| **1.1 Describe different eating disorders** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.2 Describe the signs and symptoms of different eating disorders** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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| **1.3 Describe the possible short-term and long-term effects on health of each**  |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Understand the connections between food and feelings

**You can:**

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| **2.1 Describe the connections between food and feelings** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**Understanding eating disorders (M/503/0999) (cont’d)**

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| **2.2 Explain why abnormal eating habits may develop** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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**You will:**

Know how to access information and support relating to eating disorders

**You can:**

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| **3.1 Assess information and support available relating to eating disorders** |
| **What have you done to show this (eg method – report, questionnaire, etc)?** | Location of evidence (eg hyperlink/portfolio page number) |
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